DELIGHTES

for Ladies, to adorne their Persons, Tables, Closets, and Distillatories:

WITH

Beauties, Banquets, Perfumes and Waters.

Reade, practise, and censure.

AT LONDON.
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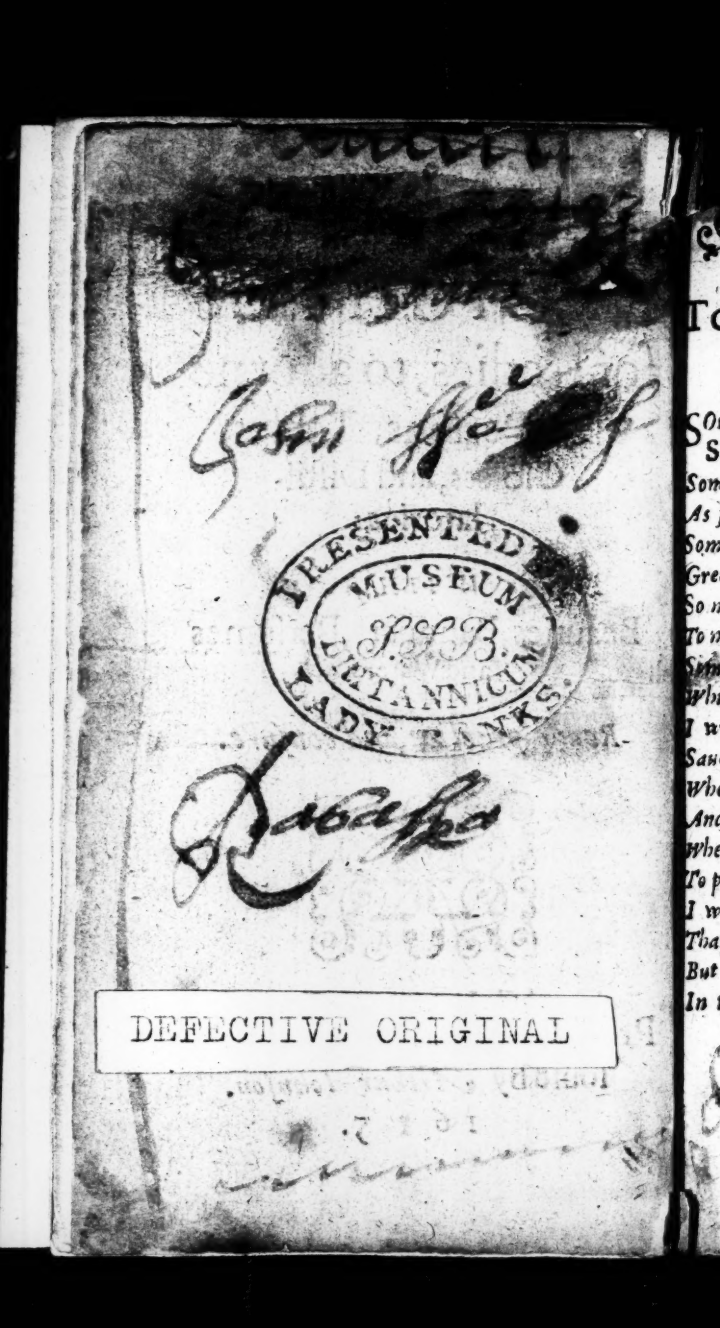

DEFECTIVE ORIGINAL

To all true Louers of Art, and Knovvledge.

Sometimes I write the formes of burning bals,
Supplying wāts that were by woodsals wrought:
Some times of tubs defended so by Art,
As fire in vaine hath their destruction sought:
Sometimes I write of lasting Beuerage,
Great Neptune *and his pilgrims to content:*
Sometimes of food, sweet fresh and durable,
To maintaine life, when all things else were spent:
Sometimes I write of sundry sorts of soile,
Which neither Ceres *nor her handmaide knew.*
I write to all, but scarcely one beleeues,
Saue Diue & Denshire *who haue found thē true,*
When heauens did mourne in cloudy mantles clad,
And threatned famine to the sons of men,
When sobbing earth denied her kindly fruit
To painfull ploughmen and his hindes: euen then
I write releeuing remedies of dearth,
That Art might help where nature made a faile:
But all in vaine, these new borne babes of Art,
In their vntimely birth straight-way do quaile.

Of these and such like other new found skils,
With painefull pen I whilome wrote at large,
Expecting still my Countries good therein,
And not respecting labour, time or charge:
But now my pen and paper are perfum'd,
I scorne to write with coppresse or with gall:
Barbarian canes are now become my quils,
Rosewater is the inke I write withall:
Of sweetes the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice
Preserues and conserues; both of plum and pear.
Empaling now adieu: tush, marchpane wals
Are strong enough and best befits our age:
Let pearcing bullets turne to sugar bals,
The Spanish feare is hush't and all their rage.
Of marmelade and paste of Genua,
Of musked sugar I intend to write,
Of Leach, of Sucket, and Quidinea,
Affording to each Lady her delight.
I teach both fruits and flowers to preserue,
And candy them, so Nutmegs, Cloues, and Mace,
To make both marchpane paste, and sugred plate,
And cast the same in formes of sweetest grace.
Each bird and foule, so moulded from the life,
And after cast in sweet compounds of Arte,
As if the flesh and forme which Nature gaue,

Did

id ſtill remaine in euery lim and part.
hen cryſtall froſt hath nipt the tender grape,
nd cleane conſum'd the fruits of euery vine,
t heere behold the cluſters freſh and faire,
d from the branch, or hanging on the line.
e Wallnut, ſmall nut, and the cheſnut ſweet,
hoſe ſugred kernels loſe their pleaſing taſte,
re heere from yeere to yeere preſerued meet,
nd made by arte with ſtrongeſt fruits to laſt:
e artichoke, and th' Apple of ſuch ſtrength.
e Quince, Pomgranate, with the Barbarie,
o ſugar vs'd, yet colour, taſte and ſmell,
é heere maintain'd and kept moſt naturally.
r Ladies cloſets and their ſtillatories,
th waters, ointments and ſweet ſmelling bals,
eaſie tearmes without affected ſpeech,
heere preſent moſt ready at their cals.
nd leaſt with careleſſe pen I ſhould omit
e wrongs that Nature on their perſõs wrought
parching ſun with his hot firie rayes,
these likewiſe releeuing meanes I ſought.
idle thoughts, nor vaine ſurmiſed skils,
fancy framde within a theorike braine,
Muſe preſents vnto your ſacred eares:
win your fauours falſely I diſdaine.
m painefull practice, from experience,
ound, though coſtly, myſteries deriue:

with firie flames, in ſcorching Vulcans *forge,*
To teach and fine each ſecret I do ſtriue.
Accept them well, and let my wearied Muſe
Repoſe her ſelfe in Ladies laps awhile.
So when ſhe wakes, ſhe happely may record
Her ſweeteſt dreams in ſome more pleaſing ſtile.

H. PLAT.

Good reader, for the vnderſtanding of this Table, knowe that a, b, c, d, *doe giue directions vnto the foure ſeuerall partes or Treaties of this booke: (a) for the firſt, the reſt in their order.*

A

Anula Campana rootes preſerued a,1
Almonds in leach a,27
Almond butter to make a,57
Almonds into gelly a,58
Aliger diſtilled b,16
Apples kept drie all the yeere a,47
Aqua rubea b,7
Aqua compoſita of D. Steuens b,8
Artichokes kept long. a,69

B

Bags ſweet to lie amongſt linnen, d,35
Ball to take out ſtaines d,3
Ball to waſh with d,8
Balme water b. 5
Beaumanger c, 11
Beefe roſted kept long c,18

Beefe powdered, kept long without charge c, 19
Beefe freſh at the ſea c, 30
Beautie for the face d, 7. 14
Bisket bread, or French bisket a, 19
Bisket called Prince Bisket a, 20
Bisket called biskettello a, 21
Bloud of hearbes b, 21
Borage candied a, 11
Bottling of Beere truely c, 27
Bottles muſtie helped c, 28
Bottle Ale moſt excellent c. 31
Brawne to eate tender and delicate c, 13
Broome capers preſerued a, 37
Broiling without ſmoke c. 26
Bruſe helped d, 24
Butter taſting of ſpice or flowers a, 21

C

CAkes ſweet without ſpice or ſuga a,
Candying of flowers a, 9. 5
Candying in rocke candie. a, 33, 4
Candying of orenge pilles. a, 3
Candles for Ladies tables c, 3
Candles hanging in the aire c. 4
Capers of broome preſerued a, 3
Capon boiled in white broth. c,

Casting in sugar plate, a,13
Casting of sugar in party moulds a,43
Casting and moulding of fruit a,44
Cheries preserued a,8
Cherie pulpe kept dry all the yeere, a,45
Cheries dried in the sunne a,46
Cheese extraordinarie c,22
Chesnuts kept long a,73
Chilblanes helped a,15
Chine of veale or Chicken boiled, c,10
Cinamon water b,10
Collis white and like gellie a,55
Comfits of all sorts a,54
Conserues of Prunes or Damsons. a,50.52
Conserue of Strawberries a,51
Cowcumbers preserued a,36
Cowslep paste a,40
Cowslep water or vinegar of the colour of the cowslep. 34
Crayfish kept long c,31
Creame clowted. c,23

D

DAmaske powder d,19
Damsons in marmelade a,31
Damsons pulpe kept all the yeare. a,45
Damsons in conserue a,50.52.
Dentifrices for the teeth d.26

Diſtillation of hearbes in a new manner b, 8. 1
Drying of fruits in the ſun a,46

B

EGlantine water b,20
Eringo rootes preſerued a,1
Extract of vegetables b,19

F

FAce ſpotted or freckled to helpe, d,6 23
Face made faire d,7. 14
Face full of heate helped d,11. 16 17,18,19,20,21
Face kept white and cleare d, 11
Fiſh into paſte c, 14
Fiſh fried kept long c, 17
Fleſh kept ſweet in ſummer c,24
Flies kept from oile peeces c,30
Flounder boyled on the French faſhion c,
Flowers preſerued a,
Flowers candied a,9,1
Flowers in rocke candy a,4
Flow

Flowers dried without wrinkling, a, 63
Fruit preſerued a,8
Fruit how to mould and caſt a,44
Fruit kept drie all the yeare. a,45,46,47
Fruit kept long freſh. a,70

G

GElly cryſtalline a,26
Gelly of fruits a,29
Gelly of Almonds a,58
Gilliflowers kept long a,61
Gilliflowers preſerued a,7
Gilliflower water b,,10
Gingerbread a,22
Gingerbread drie a,23
Ginger in rocke candy a,33,42
Ginger greene in ſirup a,49
Ginger candied a,53
Gloues to perfume d,34
Gooſeberries preſerued a,8
Grapes growing all the yeare a,62
Grapes kept till Eaſter. a,64

H

HAndwater excellent d,2,28
Hands ſtained to helpe d,5

Hands freckled to helpe d,6
Handwater of Scotland b, 21
Haſell nuts kept long a, 72
Haire blacke altered d, 30. 37
Haire made yellow d, 36
Hearbs diſtilled in a new manner. b, 11
Hearbes to yeeld ſalt. b. 12
Hearbes to yeeld bloud b. 22
Hony to yeeld ſpirit. b, 13

I

IRiſh Aqua vitæ b,9
Iſop diſtilled in a new manner b, 11
Iuyce of Orenges or lemmons kept all the yeare. c, 35
Iumboles to make a, 16

L

LArkes to boyle c,4
Lauender diſtilled in a newe manner b, 11
Leach of Almonds a, 27
Leach a, 59
Leg of mutton boyled after the French faſhion. c, 7

Lemmons in Marmelade a,41
Lemmon moulded and caſt a,44
Lemmon iuice kept all the yeare c,35
Lettuce in ſucket a,32
Liquerice paſte a,40
Lobſters kept long c,31

M

Mace in rocke candie a,42
Mallard to boyle c,6
Marchpane paſte a,12.18
Marigolds preſerued a,7
Marigolds candied a.9.11
Marigold paſte a,40
Marmelade of Quinces or Damſons a,30
Marmelade of Lemmons or Orenges a,41
May-dewe clarified a,33
Morphew helped d a1.22
Mulberies in gellie a.29
Muske ſugar a,2
Muſtard mea'e c,25
Muſtineſſe helped or preuented in waters. b,24

Nut-

N

NVtmegs in rocke candie, a,33,42
Nutmegs candied. a,34
Nuts molded and caſt off. a,44
Nuts kept long. a,72

O

ORenges preſerued a,34
Orenge pils candied a,35
Orenges in marmelade a,41
Orenge molded and caſt off a,44
Orenge iuice kept all the yeare c,35
Oiſters kept long. c,15

P

PAſte of flowers a,14,40
Paſte of Nouie a,15
Paſte to keepe one moiſt a,17
Paſte called puſt paſte a,24
Paſte ſhort without butter a,23
Paſte of Genua of Quinces a,30
Paſte of fiſh c,14
Peare molded and caſt off a,44

Peares kept drie a,47
Perfumes delicate, and ſodainely made d, 31
Perfuming of gloues d,34
Pickrel boiled on the french faſhion,c,3
Pigeons of Sugar paſte a,10
Pigeons boiled with Rice c, 9
Pig to ſowſe c, 12
Figs petitoes boyled after the French faſhion c,8
Plums preſerued a,8
Plums dryed in the Sunne a,46
Pomander to make d,4
Pomander renewed d,32
Pomatum moſt excellent for the face d,13
Pomgranats kept long a,68
Preſeruing of Rootes a,1
Preſeruing of Cowcumbers a, 36
Prunes in conſerue a,50,52
Pulpe of fruite kept all the yeare, a,45

Q

Qvidinia of Quinces a,28
Quinces into paſte of Genua, a, 30
Quinces in marmelade a 31
Quinces kept dry all the yeare a.47

Quinces kept long a,67

R

RAbbets of ſugar paſte a, 10
Raſpices in gelly a,29
Rootes preſerued a,1
Rootes candied a,53
Roſa ſolis to make b,6
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Roſe leaues to dry a, 36
Roſe ſirup a,5
Roſes preſerued. a,7
Roſes and Roſeleaues candied a.9.11
Roſe paſte a,40
Roſes kept long a.61
Roſeleaues dried without wrinkles. a,63
Roſewater ſtilled at Michaelmas b, 14
Roſewater diſtilled in a ſpeedie manner, b,15
Roſes to yeeld a ſpirit b,17
Roſewater moſt excellent b,18
Roſewater, and yet the Roſeleaues not diſcoloured b,23
Roſewater and oile drawne together b,25

Roſewater of the colour of the Roſe. c, 34
Roſe Vinegar of the colour of the Roſe. c, 34
Roſe vinegar made in a newe manner. c, 41

S

Sallet oile purified and graced in taſte and ſmell c, 36
Salmon kept long freſh c, 16
Salt of hearbes b, 12
Salt delicate for the Table c, 38
Sawſedges of Polonia c, 14
Sirup of Violets a, 4
Sirup of Roſes a, 5
Sparrowes to boile c, 4
Spirit of wine extraordinary b, 1
Spirits of wine ordinary b, 2
Spirits of Spices b, 3
Spirit of wine taſting of any vegetable b, 4
Spirit of hony b, 13
Spirit of hearbes and flowers b, 17
Skinne white and cleare d, 2
Sunburning helped. d, 22

Stoue to ſweat in d,27
Strawberries in gelly a,29
Strawberries in conſerue a,51
Sucket of Lettuce ſtalkes a,32
Sucket of greene walnuts a,49
Sugar musket a,2
Sugar paſte for foule a,10
Sugar plate to caſt in a,13
Sugar plate of flowers a,14
Sugar plate to colour a,38
Sugar caſt in party moulds a,43
Sugar ſmelling and taſting of the cloue or cinamon. a,71

T

TEale to boile c,6
Teeth kept white and ſound d,10
25,16
Thyme diſtilled in a new manner b,11
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V

VInegar diſtilled b,18
Vinegar to clarifie c,37
Violet ſirup a,4

Violet paſte a,40,41
Violet water or vinegar of the colour of the violet c,34
Vſquebath. b,9

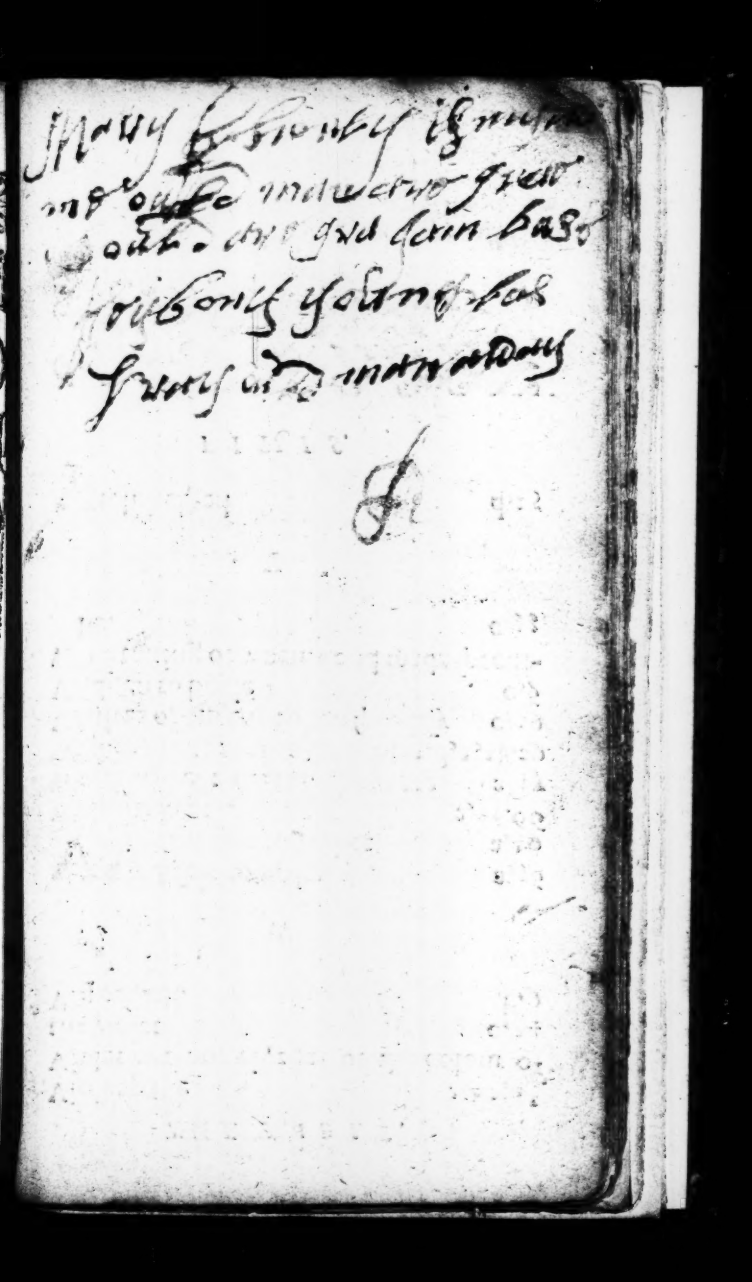
W

VVAfers to make a,56
Walnuts in ſucket a,49
Walnuts kept freſh long a,65.66
Wardens kept drie all the yeare a,47
Waſhing water ſweet b,21,d,2,28,29
Whites of egges broken ſpeedily c,29
Widgen to boyle c,6
Wine taſting of wormwood made ſpeedilie. c,33

Y

Ytch helped d,25

FINIS.



The Art of preſeruing, conſeruing candying, &c.

1. *How to preſerue Eringo rootes, Aenula Campana, and ſo of others in the ſame manner.*

SEeth them till they bee tender, then take away the piths of them, and leaue them in a colander till they haue dropped as much as they will: then hauing a thin ſirup ready, put them being colde into the ſirup beeing alſo colde, and let them ſtand ſo three dayes, then boyle the ſirup (adding ſome more freſh ſirup vnto it to ſupply that which the roots haue drunk vp) a little higher, and at three daies ende boyle the ſirup againe without any newe addition, vnto the full height of a preſeruing ſirup, and put in your rootes, and ſo keep them. Rootes preſerued

preſerued in this manner will eate very tender, becauſe they neuer boyled in the ſirup.

2. *How to make muske ſugar of common ſugar.*

BRuſe 4. or 6. graines of muske, place them in a peece of ſarcenet, fine lawne or cambricke doubled: lay this in the bottome of a galley pot, ſtrewing your Sugar thereon, ſtop your pot cloſe, and all the ſugar in a fewe daies will both ſent and taſte of muske: and you may lay more ſugar thereon, when you haue ſpent that Sugar, which will alſo receiue the like impreſſion. Such muske ſugar is ſold for two ſhillings the pound.

3. *How to drie Roſeleauer in a moſt excellent manner.*

VVHen you haue newly taken out your bread, then put in

in your Roſes in a ſiue, firſt clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſſe in the ſieue, and when they haue ſtood halfe and houre or thereabout they will grow whitiſh on the top, let them yet remaine without ſtirring till the vppermoſt of them be fully dryed: then ſtir thē together, and leaue them about one other halfe houre: and if you finde them drie in the top, ſtir them together againe, and ſo continue this worke vntill they bee throughly dryed, then put them hot as they are into an earthen pot hauing a narrow mouth, and being well leaded within, (the Refiners of golde and ſiluer, call theſe pottes, hookers) ſtop it with corke and wet parchment, or with Waxe and Roſen mixed together, and hang your pot in a chimney or neere a continuall fire, and ſo they will keepe exceeding fair in colour & moſt delicate

cate in ſent. And if you feare their relenting, take the Roſeleaues about Candlemas, & put them once againe into a ſieue, ſtirring them vp and downe often til they be dry, and then put them vp againe hote into your pot. Note that you muſt ſet vp your ouen lidde, but not lute it about when you ſet in your roſeleaues, either the firſt or ſecond time. *Poſt, numero 6.*

4. A moſt excellent ſirup of Violets, both in taſte and tincture.

EXpreſſe the iuice of clipt Violets, and to three parts of iuice take one fourth part of conduit water, put the ſame into an Alablaſter mortar, with the leaues which you haue ſtamped, and wring the ſame out thorough a cloath, as you did at the firſt, into the other iuice, put thereto a ſufficient proportion of the fineſt ſu-

gar

ger and brought alſo into a moſt fine powder, let the ſame ſtand 10 or 12. houres in a cleane glaſed earthen pan then draine away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the iuice of Lemmons, and it will become cleare, tranſparent, and of the violet colour. Then you may expreſſe more iuice into the Sugar, which will ſettle in the bottome, with ſome of the thickeſt part of the iuice: and heating the ſame vpon a gentle fire, it will alſo becom a good ſirup of violets, but not comparable to the firſt. By this manner of worke you gaine one quarter of ſirup more then diuers Apothecaries doe.

5. *A ſingular manner of making the ſirup of Roſes.*

FIll a ſiluer baſon three quarters full of rain water, or Roſewater: put therin a cõueniẽt proportion

of Roſe leaues, couer the baſon & ſet it vpon a pot of hot water (as we vſually bake a Cuſtard) in three quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength & tincture of the Roſe: then take out thoſe leaues, wringing out all their liquor gently, and ſteepe more freſh leaues in the ſame water, continue this iteration ſeauen times, & then make it vp in a ſirrup, and this ſirup worketh more kindlly then that which is made meerely of the iuice of the Roſe. You may make ſundry other ſirups in this manner. *Quere* of hanging a pewter head ouer the baſon, if the aſcending water will bee worth the keeping.

6. Another way for the drying of Roſe-leaues.

DRie them in the heat of a hote ſunnie day vppon a Leades, tur-

turning them vppe and downe till they be drie (as they doe hay) then put them vp into glaſſes well ſtopt and luted, keeping your glaſſes in warme places, and thus you may keepe all flowers: but hearbes after they are dryed in this manner, are beſt kept in paper bags, placing the bags in cloſe Cupboards.

7. *How to preſerue whole Roſes, Gilliflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud nor ouerblowne in a ſirup, conſiſting of ſugar double refined, & Roſewater boiled to his full height, then open the leaues one by one, with a fine ſmooth bodkin either of bone or wood, and preſently if it bee a hote ſunnie daie, and whileſt the ſunne is in ſome good height, laie them on papers in the ſunne, or elſe drie them with ſome gentle heate in

a cloſe roome, heating the roome before you ſet them in, or in an ouen vpon papers, in pewter diſhes, and then put them vp in glaſſes & keep them in drie cupbordes neer the fier. You muſt take out the ſeedes if you meane to eate them You may proue this, preſeruing with ſugar candy, in ſtead of ſugar, if you pleaſe.

8. *The moſt kindly waie to preſerue plums, cheries, gooſberies &c.*

YOu muſt firſt purchaſe ſome reaſonable quantity of their owne iuice, with a gentle heat vpon embers, in pewter diſhes, diuiding the iuice ſtill as it commeth in the ſtrewing, then boile each fruit in his owne iuice, with a conuenient proportion of the beſt refined ſugar.

9. *How to candy Roſemary flowers, Roſe leaues, Roſes, Marigoldes, &c. with preſeruation of colour.*

DIſſolue refin'd, or double refined ſugar, or ſugar candy it ſelfe in a little Roſewater, boyle it to a reaſonable height, put in your roots or flowers whē your ſirup is either fully colde, or almoſt colde, let them reſt therin till till the ſirup haue pearced them ſufficiently, then take out your flowers with a skimmer, ſuffering the looſe ſirup to run from them ſo long as it will, boile that ſirup a little more, and put in more flowers as before, diuide them alſo: then boyle all the ſirup which remaineth and is not drunke vp in the flowers, to the height of *manus Chriſti*, putting in more ſugar if you ſee cauſe, but no more Roſewater, put your flowers therein when your ſirup is cold or almoſt cold, and let them ſtand till they candie.

10. *A moſt delicate and ſtiffe ſugar paſte whereof to caſt Rabbets, Pigeõs, or any other little birde or beaſt, either from the life or carued molds.*

FIrſt diſſolue Iſinglaſſe in faire water or with ſome Roſewater in the latter ende, then beate blanched almonds as you would for marchpane ſtuffe, and draw the ſame with creame, and Roſewater (milke will ſerue, but creame is more delicate) then put therein ſome powdered ſugar, into which you may diſſolue your Iſinglaſſe beeing firſt made into gellie, in faire warme water (note, the more Iſinglaſſe you put therein, the ſtiffer your worke will prooue) then hauing your rabbets, woodcocke, &c. molded either in plaiſter from life, or elſe carued in wood (firſt annointing your wooden moldes with oile of ſweet almonds, and your plaiſter or ſtone moldes with barrowes greaſe) poure your ſugar

ſugar paſte thereon. A quarte of creame, a quarterne of almonds, 2 ounces of Iſinglaſſe, and 4. or 6 ounces of ſugar, is a reaſonable good proportion for this ſtuffe, *Quære* of moulding your birdes, Rabbets, &c. in the compounde waxe mentioned in my *Iewell house*, in the title of the *Art of moulding & caſting. page* 60. For ſo your moulds will laſt long. You may dredg ouer your foule with crums of bread, cinamon & ſugar boiled together, & ſo they will ſeem as if they were roſted & breaded: Leach and gellie may be caſt in this manner. This paſte you may alſo driue with a fine rowling pin, as ſmooth and as thin as you pleaſe; it laſteth not long, & therefore it muſt be eaten within a few daies after the making thereof. By this meanes a banquet may be preſented in the forme of a ſupper, being a very rare & ſtrange deuiſe.

11. *To candie Marigolds, Roſes, Borage or Roſemary flowers.*

BOile Sugar, and Roſewater a little vpon a chafingdiſh with coales, then put the flowers (being throughly dried, either by the ſun or on the fire) into the ſugar, and boile them a little, then ſtrewe the powder of double refined ſugar vpon them, & turne them, and let them boile a little longer, taking the diſh from the fire, then ſtrew more powdered ſugar on the contrary ſide of the flowers. Theſe will dry of them ſelues in two or three houres in a hot ſunny daie, though they lie not in the ſunne.

12. *To make an excellent Marchpane paſte to print off in moldes for banquetting diſhes.*

TAke to euery Iordan almond blanched, three ſpoonfulls of the

the whiteſt refined ſugar you can get, ſearce your ſugar, and now and then as you ſee cauſe put in 2. or three drops of damaske Roſe-water, beate the ſame in a ſmooth ſtone mortar, with great labour, vntill you haue brought it into a drie ſtiffe paſte, one quarterne of ſugar is ſufficient to worke at once.

Make your paſte in little balles, euery ball containing ſo much by eſtimation as will couer your mold or print, then roule the ſame with a rowling pinne, vpon a ſheete of cleane paper, without ſtrewing anie powdered ſugar either vppon your paſte or paper. There is a countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar cakes made of this compoſition. But the onely faulte which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almondes, and therefore you may proue the making thereof with ſuch almondes,

which haue had some part of their oile taken from them by expression, before you incorporate them with the sugar, and so happely you may mixe a greater quantity of them with the sugar, because they are not so oily as the other. You may mixe cinamon or ginger in your paste, and that will both grace the taste and alter the colour: but the spice must passe through a faire searce: you may steepe your almonds in cold water all night, and so blanch them colde, and beeing blanched, drie them in a sieue ouer the fire. Heere the garble of almonds will make a cheape paste.

13. *The making of sugar plate, and casting thereof in carued moldes.*

TAke one pound of the whitest refined or double refined sugar, if you can get it, put thereto three ounces (som comfit-makers,

put

put 6. ounces for more gaine) of the beſt ſtarch you can buy, and if you drie the ſugar after it is poudred, it will the ſooner paſſe thorough your lawne ſearce: then ſearce it & lay the ſame on a heape in the midſt of a ſheet of cleane paper: in the middle of which maſſe, put a prety lump of the bignes of a walnut of gum dragagant, firſt ſteeped in Roſewater one night; a porenger full of Roſewater is ſufficient to diſſolue one ounce of gũ (which muſt firſt bee well picked, leauing out the droſſe) remember to ſtraine the gum through a canuas, then hauing mixed ſome of the white of an egge with your ſtrained gum, temper it with the ſugar betwixt your fingers by little & little, till you haue wrought vp all the ſugar and the gumme together into a ſtiffe paſte, and in the tempering let there be alwaies ſome of the ſugar betweene your fingers and the gumme, then duſt your

your wodden moulds a little with some of that powdered sugar through a peece of Lawne or fine linnen cloath: and hauing driuen out with your rowling pin a sufficient portiõ of your paste to a conuenient thicknes, couer your mold therwith, pressing the same down into euery hollow part of your mold with your fingers; and when it hath taken the whole impression, knock the mold on the edge against a table, and the paste will issue forth with the impression of the molde vpon it: or if the mold be deepe cut, you may put in the point of your knife gently into the deepest parts heere and there, lifting vp by little and little the paste out of the molde. And if in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, the more gum: you must also worke this paste into your molds, as speedily as you

can,

can, after it is once made, and before it harden, and if it grow ſo hard that it cracke, mixe more gum therwith cut away with your knife from the edges of your paſte all thoſe peeces which haue no part of the worke vpon them, and worke thē vp with the paſte which remaineth; and if you will make ſawcers, diſhes, boawls, &c. then (hauing firſt driuen your paſte vpon paper, firſt duſted ouer with ſugar, to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſaucer, diſh or boawle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh, then pare away the edges with a knife, euen with the skirt of your diſh, or ſawcer, and ſet it againſt the fire till it bee dry on the inſide, then with a knife get it out as they vſe to doe a diſh of butter, and drie the backſides; then gilde it on the edges with the

the white of an egge laide rounde about the brim of the dish with a pensil, and presse the gold downe with some cotton, & when it is dry skew or brush off the gold with the coate of a Hare or Conie. And if you would haue your paste exceeding smooth as to make cardes & such like conceptes thereof, then roule your paste vpon a slicked paper with a smooth & polished rowling pin.

14. *A way to make sugar-plate both of colour and taste of any flower.*

TAke violets and beat them in a mortar with a little hard sugar, then put into it a sufficient quantity of Rosewater, then lay your gum in steep in the water, and so work it into paste, and so will your paste be both of the colour of the violet, & of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Bugloss, or any other flower.

15. To

15. *To make paste of Nouie.*

TAke a quarter of a pounde of Valentian almonds, otherwise called the small almonds or Barbarie almonds, and beate them in a mortar till they come to paste, then take stale manchet being grated, & dry it before a fire in a dish, then sift it, then beat it with your almonds, put in the beating of it a little cinamon, ginger & the iuice of a Lemmon, and when it is beaten to perfit paste print it with your molds, & so drie it in an ouen after you haue drawne out your bread: this paste will last all the yeare.

16. *To make Iumbolds.*

TAke halfe a pound of Almonds beeing beaten to paste with a short cake being grated, and 2. egs, 2. ounces of carroway seeds, being beaten

beaten, and the iuice of a Lemmon: and being brought into paſte, roule it into round ſtrings, then caſt it into knots, and ſo bake it in an ouen, and when they are baked, yce them with Roſewater and ſugar, and the white of an egge beeing beaten together, then take a feather and gild them, then put them againe into the ouen, and let them ſtand in, a little while, & they will be yced cleane ouer with a white yce, and ſo box them vp, and you may keepe them all the yeere.

17. *To make a paſte to keepe you moiſt, if you liſt not to drink oft, which Ladies vſe to carry with them when they ride abroade.*

TAKE halfe a pounde of damaske prunes and a quartern of dates, ſtone them both, and beate them in a mortar with one warden beeing roſted, or elſe a ſlice of olde marme-

marmelade and ſo print it in your moldes, and drie it after you haue drawne bread, put ginger vnto it, and you may ſerue it in at a banquet.

18. *To make a Marchpane.*

TAke two pounds of Almondes beeing blaunched and dryed in a ſiue ouer the fire, beate them in a ſtone mortar, and when they be ſmall mix with thē two pound of ſugar being finely beaten, adding two or three ſpooneſuls of Roſewater, and that wil keep your almonds from oiling: when your paſte is beaten fine, driue it thin with a rowling pin, and ſo lay it on a bottome of wafers, then raiſe vp a little edge on the ſide, and ſo bake it, then yce it with Roſewater and Sugar, then put it into the ouen againe, and when you ſee your yce is riſen vp and drie, then take it out of the Ouen and garniſh it with

with pretty conceipts, as birds and beaſtes beeing caſt out of ſtanding moldes. Stick long comfits vpright in it, caſt biskets and carrowaies in it, and ſo ſerue it; gild it before you ſerue it: you may alſo print off this Marchpane paſte in your molds for banquetting diſhes. And of this paſte our comfit-makers at this day make their letters, knots, Armes, eſcocheons, beaſts, birds, and other fancies.

19. *To make bisket bread, otherwiſe called French bisket.*

TAke halfe a pecke of fine flower, two ounces of Coriander ſeeds, one ounce of anniſeedes, the whites of fower egges, halfe a pint of Ale yeaſt, and as much water as will make it vppe into ſtiffe paſte, your water muſt be but blood warme, then bake it in a long roll as big as your thigh, let it ſtay in the ouen but one houre, and when it

it is a day old, pare it and slice it ouerthwart, then sugar it ouer with fine powdered sugar, and so drie it in an ouen againe: and being dry, take it out and sugar it again, then boxe it, & so you may keepe it all the yeare.

20. *To make prince bisket.*

TAke one pounde of verie fine flower, and one pound of fine sugar, & eight egges, & two spoonfulls of Rosewater, & one ounce of carroway seeds, and beat it all to batter one whole houre, for the more you beat it, the better your bread is, then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keepe it.

21. *To make another kind of bisket called biskettello.*

TAke halfe an ounce of gumme Dragagant, dissolued in Rosewater

Roſewater with the iuice of a Lemmon & two graines of muſk, then ſtraine it through a faire linnen cloth with the white of an Egge, then take halfe a pound of fine Sugar being beaten, and one ounce of carroway ſeeds, beeing alſo beaten, and ſearced, and then beate them altogether in a mortar till they come to paſte, then roll them vp in ſmall loaues about the bigneſſe of a ſmall egge, put vnder the bottome of euery one, a peece of a wafer, & ſo bake them in an ouen vpon a ſheet of paper, cut them on the ſides as you doe a manchet, & prick them in the middeſt: when you breake them vp, they will bee hollow and full of eyes.

22. *To make Ginger bread.*

TAKE three ſtale Manchets and grate them, dry them, and ſift them through a fine ſiue, then adde

adde vnto them one ounce of ginger being beaten, & as much Cinamon, one ounce of liquorice & annifeeds being beaten together & seareed, halfe a pound of Sugar, then boile all these together in a posnet, with a quart of claret wine till they come to a stiffe paste with often stirring of it; and when it is stiffe, mold it on a table & so driue it thin, and put it in your moldes: dust your moldes with Cinamon, Ginger, and liquorice, being mixed together in fine powder. This is your Ginger bread vsed at the Court, and in all gentlemens houses at festiuall times. It is otherwise called drie Leach.

23. *To make drie Gingerbread.*

TAke half a pound of Almonds and as much grated cake, and a pound of fine Sugar, and the yolks of two new laid egs, the

iuice

iuice of a Lemmon, and 2. graines of muske, beate all these togeather till they come to a paste, then print it with your moldes, and so drie it vppon papers in an ouen after your bread is deawne.

24. *To make puffe paste.*

TAke a quart of the finest flower and the whites of three egges, and the yolks of two, and a litrle cold water, and so make it into perfect paste, then driue it with a rouling pin abroade, then put on small peeces of butter as big as Nuts vpon it, then folde it ouer, then driue it abroade againe, then put small peeces of butter vpon it as you did before: doe this tenne times, alwaies folding the paste and putting butter betweene euery folde. You may conuey anie pretty forced dish, as Florentine, Chery-tarte, rice, or pippins, &c. betweene two sheets of that paste.

To

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet; then take the yolkes of 2. or three egs, and a pint of creame, and make paſte, put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſewet. In like ſort when you make ſugar cakes bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of veale, and two calues feete (your calues feete being flayed and ſcalded) and boile them in faire ſpring water and when they are boyled ready to eate, you may laue your fleſh & not boile it to peeces, for if you doe ſo, the gellie wil looke thicke. then take a quart of the cleereſt

of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper, 6. whole cloues, one nutmeg quartered, one graine of muske, put all theſe whole ſpices in a little bag, & boile them in your gellie, ſeaſon it with foure ounces of ſugar candie, and three ſpoonefulls of Roſewater, ſo let it run through your gelly bag: and if you meane to haue it looke of an amber colour, bruiſe your ſpices, and let them boyle in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweet Almonds, & beat them in a mortar, then ſtrain them with a pint of ſweet milke from the cow, then put vnto it one graine of muske, two ſpoonefulls of Roſewater, two ounces of fine ſugar, the waight of three whole ſhillings of Iſinglaſſe that is very white, and

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and ſo boyle them, then let all run through a ſtrainer, then may you ſlice the ſame and ſo ſerue it.

28. *To make Quidini of Quinces.*

TAke the kernells out of eight great Quinces, and boyle them in a quart of ſpring water, till it come to a pinte, then put into it a quarter of a pinte of Roſewater, and one pound of fine ſugar, and ſo let it boyle till you ſee it come to bee of a deepe colour: then take a drop, and drop it on the bottom of a ſawcer, and if it ſtand, take it off, then let it run through a gelly bagge into a baſon, then ſet on your baſon vpon a chafing diſh of coales to keepe it warme, then take a ſpoone, and fill your boxes as full as you pleaſe, and when they bee cold couer them: and if you pleaſe to printe it in moldes, you muſt haue molds made to the bigneſſe of your boxe, and wet your

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molds with Roſewater, and ſo let it run into your mold, and when it is cold turne it off into your boxes. If you wette your moldes with water, your gelly will fall out of them.

29. *To make gelly of Strawberies, Mulberies, Raſpisberies, or any ſuch tender fruite.*

TAke your beries and grinde them in an Alablaſter mortar with foure ounces of ſugar and a quarter of a pinte of faire water, and as much Roſewater, and ſo boile it in a poſnet with a little peece of Iſinglas, and ſo let it run through a fine cloth into your boxes, and ſo you may keepe it all the yeare.

30. *To make paſte of Genua of Quinces.*

TAke Quinces and pare them and cut them in ſlices, and bake them

them in an ouen dry in an earthen pot without any other iuyce then their owne : then take one pound thereof, ſtraine it. and put it into a ſtone mortar with halfe a pounde of ſugar, & when you haue beaten it vp to paſte, print it in your molds and dry it three or foure times in an ouen after you haue drawne bread, & when it is throughly drie and hardened, you may boxe it, & it will keepe all the yeere.

31. *To make marmelade of Quinces or Damſons.*

WHen you haue boiled your Quinces or Damſons ſufficiently, ſtraine them ; then drie the pulpe in a pan on the fire, and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mixe two pound of ſugar with 3. pound of pulp, this marmelade will be white marmelade : and if you wil haue it looke with

with an high colour, put your ſugar and your pulpe together, ſo ſoone as your pulpe is drawne, and let them both boile together, and ſo it will look of the colour of ordinary marmelade, like vnto a ſtewed warden, but if you drie your pulpe firſt, it will looke white and take leſſe ſugar: you ſhall knowe when it is thicke enough, by putting a little into a ſawcer, letting it coole before you box it.

32. *To make ſucket of of Lettuce ſtalkes.*

TAke Lettuce ſtalkes, and pill away the outſide: then perboile them in faire water, then let them ſtand all night drie, then take halfe a pinte of the ſame liquor; and a quarter of a pinte of Roſewater, and ſo boile it to a ſirup, and when your ſirup is betwixt hot and cold put in your aforeſaid rootes, and let them ſtand all night in your ſirup to make them take ſugar, and then

then the next day your ſirup will be weake againe, then boile it againe, and take out your rootes. In the like ſorte may you keepe Orenge pilles, or greene walnuts, or anie thing that hath the bitterneſſe firſt taken from it, by boiling it in water

33. *To candy nutmegs or ginger, with an hard rocke candie.*

TAke one pounde of fine ſugar, and eight ſpoonefuls of Roſe-water, and the weight of *6.* pence of Gum Arabique, that is cleere, boyle them together to ſuch an height, as that dropping ſome ther-of out of the ſpoone, the ſirup doe rope and run into the ſmalnes of an haire, then put it into an ear-then pipkin, wherein place your nutmegs, ginger, or ſuch like, then ſtop it cloſe with a ſaucer, and lute it well with clay, that no aire may enter, then keepe it in a hote place three weekes, and it will candie

hard. You muſt breakyour pot with an hammer, for otherwiſe you cannot get out your candy. You may alſo candy Orenges, or Lemmons in like ſort if you pleaſe.

34. *To preſerue Orenges after the Portugall faſhion.*

TAke Orenges & coare them on the ſide and lay them in water. then boile thē in fair water til they be tender, ſhift them in the boiling to take away their bitterneſſe, then take ſugar & boile it to the height of ſirup as much as wil couer them, and ſo put your Orenges into it, & that will make them take ſugar. If you haue 24. Orenges, beate 8. of them till they come to paſte with a pound of fine ſugar, then fill euery one of the other Orenges with the ſame, & ſo boile them again in your ſirup. then there will be marmelade of orenges within your orenges, and it will cut like an hard egge.

35. To

35. *To candie Orenge pilles.*

TAke your Orenge pils after they bee preſerued, then take fine ſugar and Roſewater, and boile it to the height of *Manus Chriſti*, then drawe through your ſugar, then lay them on the bottome of a ſieue, and dry them in an ouen after you haue drawen bread, and they will bee candied.

36. *To preſerue Cowcumbers all the yeere.*

TAke a gallon of faire water, and a pottle of veriuice, and a pint of bay ſalt, and a handfull of green fennell or Dill: boyle it a little, and when it is cold put it into a barrel, and then put your Cowcumbers into that pickle, and you ſhal keep them all the yeere.

37. *To preſerue broome capers all the yeare.*

BOyle a quart of Veritiice and an handfull of baye ſalt, and therein you may keepe them all the yeare.

38. *To colour ſuger plate with ſeuerall colouri.*

YOu may mixe Roſet with your fine ſearced ſugar vntill the colour pleaſe you, and ſo ſhall you haue a faire murrey colour. Sapgreene muſt bee tempred in a little Roſewater, hauing ſome gumme firſt diſſolued therein, and ſo laye it on with a penſill vpon your paſte in apt places. With ſaffron you may make yellow colour in the like manner, firſt drying and powdering your ſaffron, and after it hath coloured the Roſewater ſufficientlie, by ſtrayning it through fine linnen. The powder of Cinamon,

mon maketh a walnut colour, and ginger and Cinamon together a lighter colour.

39. *To make troſſes for the ſea.*

FIrſt make paſte of ſugar & gum Dragagant mixed together, thē mixe therewith a reaſonable quantity of the powder of Cinamon & ginger, and if you pleaſe a little muske alſo, and make it vpp into rolls of ſeuerall faſhions, gilding them heere and there. In the ſame manner you may alſo conuey any purgatiue, vomit, or other medicine into ſugar paſte.

40. *To make paſte of violets, Roſes, Marigolds, Cowſlips, or liquerice.*

SHred, or rather powder the dry leaues of your flower, putting thereunto ſome fine powder of Ginger, Cinamon, and a little muske if you pleaſe, mixe them all

confuſedly together, then diſſolue ſome ſugar in Roſewater, and being boyled a little, put ſome ſaffron therein, if you worke vpon Marigolds, or elſe you may leaue out your ſaffron, boyle it on the fire vnto a ſufficient height, you muſt alſo mixe therewith the pap of a roaſted apple being firſt well dried in a diſhe ouer a chafing diſh of coales, then powre it vpon a trencher, beeing firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome ſugar candy ſmall, but not to powder, and with gumme dragagant, faſten it heere and there to make it ſeeme as if it were roch candied, cut the paſte into peeces of what faſhion you liſt with a knife firſt wet in Roſewater. In liquorice paſte you muſt leaue out the pap of the pippin, and then worke your paſte into drie rolles. Remember to ſearce the liquorice through a fine ſearce. Theſe rolles

are

are very good againſt any cough or colde.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten lemmons or orenges & boile them with half a dozen pippins, & ſo drawe them thorough a ſtrainer, then take ſo much ſugar as the pulpe doth wey, & boile it as you doe marmelade of Quinces, and then box it vp.

42. *How to candie Nutmegs, Ginger, Mace, & flowers, in halfe a day with hard or rock candy.*

LAy your Nutmegs in ſteepe in common Lee made with ordinarie aſhes 24. houres: take them out and boile them in faire water till they be tender, and to take out the Lee: then dry them and make a ſirup of double refined ſugar and a little Roſewater to the height

of

of a *manus Chriſti*, place this ſirrup in a gentle balneo, or ſome ſmall heate, putting your Nutmegs into the ſirup. Note that you muſt skim the ſugar as it caſteth any skumme, before you put in your Nutmegs, then hauing ſugar candie firſt bruiſed groſſely, and ſearced through colanders of ſeuerall bigneſſe, take the ſmalleſt thereof, and roule your Nutmegs vp and downe therein, either in a diſh or vpon clean paper, then ſtoue your Nutmegs in a cupboard with a chafingdiſh of coals, which muſt be made hote of purpoſe before you ſet them in: and when they are drie enough, dip them againe in freſh ſirup boyled to his height as before; and roule them in the groſſer ſugar candie, & then ſtoue them againe till they bee hard, and ſo the third time if you will increaſe their candie. Note that you muſt ſpend all the ſugar which you diſſolue at one time with candying

dying of one thing or other therein preſently : the ſtronger that your lee is, the better ; & the nut meg, ginger,&c. would ly in ſteepe in the lee, 10, or 12, daies, and after in the ſirup of ſugar in a ſtoue or Cupboard with a chafingdiſh and coales one whole weeke , and then you may candy them ſuddenly,as before.Flowers aud fruits are done preſently without any ſuch ſteeping or ſtouing as before: onely they muſt bee put into the ſtoue after they are coated with your powdered ſugar candie : and thoſe flowres of fruits as they are ſodainly done, ſo they will not laſt aboue two or three daies faire, and threfore onely to be prepared for ſome ſet banquet.

34. *Caſting of ſugar in party moldes of wood.*

LAy your moldes in faire water three or foure houres before you

you caſt, then dry vp your inward moiſture with a cloath of Linnen, then boyle roſewater & refined ſugar together, but not to any great ſtiffeneſſe, then poure it into your moldes let your moldes ſtand one houre, and then gently part or open the moldes, and take out that which you haue caſt: you may alſo worke the paſte *ante numero* 12. 13. into theſe moldes firſt printing or preſsing gently a little of the paſte into the one half, and after with a knife taking away the ſuperfluous edges, and ſo likewiſe of the other halfe: then preſſe both ſides of the mold together, two or three times, & after take away the creſt that will ariſe in the middeſt: and to make the ſides to cleaue together, you may touch thē firſt ouer with Gum Dragagant diſſolued, before you preſſe the ſides of the mold together: note that you may conuey comfits within, before you cloſe the ſides. You may caſt off

any

any of theſe mixtures or paſtes in alablaſter moldes, molded from the life.

44. *To mold off a Lemmon, orenge, peare, Nut. &c. and after to caſt it hollow within, of ſugar.*

Fill a wooden platter halfe full of ſande, then preſſe downe a Lemmon, peare, &c. therein to the iuſt halfe thereof, then temper ſome burnt Alablaſter with faire water in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boule, and caſt this pap into your ſande, and from thence clap it vppon the Lemmon, Peare, &c. preſſing the pap cloſe vnto it. Then after a while take out this halfe parte with the Lemmon in it, and pare it euen in the inſides as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. litle holes in the halfe (*viz.* in the edges thereof) laying it downe in the ſand againe, and ſo caſt

caſte an other halfe vnto it, then cut off a peece of the top of both your party moldes, & caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape till you haue cauſe to vſe them: and before you caſt, lay them alwaies in water, and drie vp the water again before you poure in the ſugar. Colour your Lemmon with a little ſaffron ſteeped in Roſewater; vſe your ſugar in this manner: Boile refined or rather double refined ſugar and Roſewater to his full height, *viz.* till by pouring ſome out of a ſpoone, it will run at the laſt as fine as a haire; then taking off the cappe of your molde, poure the ſame therein, filling vp the mold aboue the hole, and preſently clap on the cap, and preſſe it downe vppon the ſugar, then ſwing it vpp and downe in your hande, turning it rounde, and bringing the neather parte ſome

times

times to bee the vpper part in the turning, and *è conuerſo*. This is the manner of vſing an Orenge, Lemmon, or other round molde: but if it bee long as a pigs foot will be, beeing molded, then roule it, and turne it vp and downe long waies in the aire.

45. *How to keepe the drie pulpe of Cheries, Prunes, Damſons &c. all the yeare.*

TAke of thoſe kinde of cherries which are ſharp in taſt (*Quere* if the common blacke and redde cherrie will not alſo ſerue, hauing in the ende of the decoction a little oyle of Vitriol or Sulphur, or ſome verinice of ſoure grapes, or iuice of Lemmons mixed therewith, to giue a ſufficient tartneſſe) pull off their ſtalks and boile them by themſelues without the addition of any liquour in a caldron or pipkin, and when they begin once

once to boyle in their owne iuice, ſtir them hard at the bottom with a ſpattle, leaſt they burn to the pans bottom. They haue boyled ſufficiently, when they haue caſt off all their skins, and that the pulp and ſubſtance of the cheries is growne to a thick pap: then take it from the fire, and let it coole, then diuide the ſtones and skins, by paſſing the pulpe onely through the bottome of a ſtrainer reuerſed as they vſe in *caſsia fiſtula*, then take this pulpe and ſpread it thin vpon glazed ſtones or diſhes, and ſo let it drie in the ſunne, or elſe in an ouen preſently after you haue drawne your bread, then looſe it from the ſtone or diſh, and keep it to prouoke the appetite, and to coole the ſtomacke in feuers, and all other hot diſeaſes. Proue the ſame in all manner of fruit. If you feare aduſtion in this worke, you may finiſh it in hote balneo.

46. *How*

46. *How to dry all manuer of plums or Cheries in the ſunne.*

IF it be a ſmall fruit, you muſt dry them whole, by laying thē abroad in the hot ſunne, in ſtone or pewter diſhes, or Iron or braſſe pans, turning them as you ſhal ſee cauſe. But if the plum be of any largeneſſe, ſlit each plum on the one ſide from the top to the bottome., and then lay them abroad in the ſun: but if they be of the bigger ſort, then giue either plum a ſlit on each ſide: and if the ſun do not ſhine ſufficiently during the practice, then dry them in an ouen that is temperately warme.

47. *How to keepe apples, peares, quinces, wardens, &c. all the yeare, dry.*

PAre them, take out the coares, and ſlice them in thinne ſlices lay-

laying them to dry in the Sunne in ſome ſtone or metalline dithes, or vpon a high frame couerd with courſe canuas, now and then turning them, and ſo they will keepe all the yeare.

48. *To make greene Ginger, vpon ſirup.*

TAke Ginger one pounde, pare it cleane, ſteepe it in red wine and vinegar equally mixed, let it ſtand ſo 12. daies in a cloſe veſſell, and euery day once or twice ſtirre it vp and downe, then take of wine one gallon, and of vinegar a pottle, ſeeth all together to the conſumption of a moitie or halfe, then take a pottle of cleane clarified honey or more, and put thereunto, and let them boile well together, then take halfe an ounce of ſaffron finely beaten, and put it thereto with ſome ſugar if you pleaſe.

49. *To make ſucket of greene Walnuts.*

TAke Walnuts when they are no bigger then the largeſt haſill nut, pare away the vppermoſt greene, but not too deepe, then ſeeth them in a pottle of water till the water be ſodden away, then take ſo much more of freſh water, and when it is ſodden to the halfe, put thereto a quart of vinegar and a pottle of clarified honey.

50. *To make conſerue of prunes or Damſons.*

TAke ripe damſons, put them into ſcalding water, let them ſtand a while, then boyle them ouer the fire till they breake, then ſtraine out the water through a colander, and let them ſtand therein to coole, then ſtraine the damſons through the colander; taking away

away the ſtones and skinnes, then ſet the pulpe ouer the fire againe, and put thereto a good quantity of red wine, and boile them well to a ſtiffeneſſe, euer ſtirring them vp and downe, and when they are almoſt ſufficiently boyled, put in a conuenient proportion of ſugar, ſtir all well together, and after put it in your gally pots.

51. *To make conſerue of ſtrawberies.*

FIrſt ſeeth them in water, and then caſt away the water, and ſtraine them, then boyle them in white wine, and worke as before in damſons, or elſe ſtraine them being ripe, then boile them in wine and ſugar till they be ſtiffe.

52. *Conſerue of prunes or Damſons made another way.*

TAke a pottle of Damſons, prick them and put them into a pot; put

putting thereto a pinte of Roſewater or wine, and couer your pot let them boile well, then incorporate them by ſtirring, and when they bee tender let them coole, and ſtraine them with the liquor alſo, then take the pulpe and ſet it ouer the fire, and put thereto a ſufficient quantitie of ſugar, and boile them to their height or conſiſtencie, and put it vp in gally pots, or iarre glaſſes.

53. *How to candie Ginger, Nutmegs, or any Roote or flowers.*

TAke a quarter of a pounde of the beſt refined ſugar, or ſugar candie which you can get, powder it, put thereto two ſpoonfuls of Roſewater, dip therein your Nutmegs, ginger, rootes, &c. being firſt ſodden in faire water till they bee ſoft and tender, the oftner you dip them in your ſirrup, the thicker the candie will bee, but

but it will bee the longer in candying: your sirrup must bee of such stiffnesse, as that a droppe thereof beeing let fall vpon a pewter dish, may congeale and harden beeing cold. You must make your sirrup in a chafing dish of coales, keeping a gentle fire: after your sirup is once at his full height, then put them vpon papers presently into a stoue, or in dishes, continue fire some ten or twelue dayes, till you finde the candie hard and glistering like diamonds; you must dip the red rose, the gillow flower, the marigold, borrage flower, and all other flowers but once.

24. *The art of Comfetmaking, teaching how to couer all kinds of seedes, fruits or spices with sugar.*

FIrst of all you must haue a deep bottomed baton of fine cleane brasse or latton, with two eares of Iron to hang it with two seuerall cordes

cords ouer a baſon or earthen pan with hote coales.

You muſt alſo haue a broad pan to put aſhes in, and hot coales vpon them.

You muſt haue a clean latton baſon to melt your ſugar in, or a faire braſen skillet.

You muſt alſo haue a fine braſen ladle, to let run the ſugar vpon the ſeeds.

You muſt alſo haue a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if neede require.

Hauing all theſe neceſſarie veſſels and inſtruments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you neede not to clarifie it, but beate it only into fine powder that it may diſſolue the ſooner.

But firſt make all your ſeeds very cleane, and dry them in your hanging baſon.

Take for euery two pounde of ſugar, a quarter of a pounde of annis ſeeds, or coriander ſeedes, and your comfits will be great enough: and if you will make them greater, take halfe a pound more of ſugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis ſeeds with two pound of ſugar will make fine ſmall comfits.

You maie alſo take a quarter and a halfe of annis ſeedes and three pounde of ſugar, or halfe a pound of annis ſeedes and foure pounde of ſugar. Doe the like in Coriander ſeedes.

Melt your ſugar in this manner, *viz.* Put three pounds of your powder ſugar into the baſon, and one pinte of cleane running water thereunto, ſtirre it well with a braſen ſlice, vntill all bee moiſt and well wet, then ſet it ouer the fire without ſmoke or flame, and melt it well, that there be no whole

grit

griſtie ſugar in the bottome, and let it ſeeth mildely, vntill it will ſtreame from the ladle like Turpentine, with a long ſtreame and not drop, then it is come to his decoction, let it ſeeth no more, but keepe it vpon hot imbers that it may run from the ladle vpon the ſeedes.

To make them ſpeedily. Let your water be ſeething hot, or ſeething, and put powder of Sugar vnto them, caſt on your Sugar boiling hote: haue a good warme fire vnder the hanging baſon.

Take as much water to your ſugar, as will diſſolue the ſame.

Neuer skim your ſugar if it bee cleane and fine.

Put no kinde of ſtarch or Amylum to your ſugar.

Seeth not your Sugar too long, for that will make it black, yellow, or tawnie.

Moue the ſeeds in the hanging baſon as faſt as you can or maie,

when the ſugar is in caſting.

At the firſt coate put on but one halfe ſpoonefull with the ladle, and all to moue the baſon, moue ſtirre and rubbe the ſeedes with thy left hand a pretty while, for they wil take ſugar the better, & drie them well after euery coate.

Doe this at euery coate not only in mouing the baſon, but alſo with the ſtirring of the cõfits with the left hand and drying the ſame: thus doeing you ſhall make good ſpeed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increaſe in greatnes, ſo you may take more Sugar in your ladle to caſt on. But for plaine comfits let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, euen as high as it may runne

from

from the ladle, and let fall a foot high or more from the ladle, and the horter you caſt in your ſugar, the more ragged will your comfets bee. Alſo the comfets will not take ſo much of the ſugar as they will vppon a light decoction, and they will keepe their raggedneſſe long. This high decoction muſt ſerue for eight or ten coates in the ende of the worke, and put on at euery time but one ſpoonefull, and haue a light hand with your baſon, caſting on but little ſugar.

A quarter of a pound of Coriander ſeeds, and three pound of ſugar will make great, huge, and big comfets.

See that you keepe your Sugar alwaies in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar bee at any time too high boyled, put in a ſpoonefull or two of water, and keepe it warily with the ladle, and let your fire alwayes bee without

ſmoke or flame.

Some commende a ladle that hath a hole in it to let the ſugar run through of a height: but you may make your comfits in their perfect forme and ſhape onely with a plaine ladle.

When your comfits bee made, ſet your diſhes with your comfits vppon papers in them before the heate of the fire or in the hote ſun, or in an Ouen after the bread is drawne, by the ſpace of an houre or two, and this will make them very white.

Take a quarter of a pounde of Annis ſeedes, and two pounde of Sugar, and this proportion will make them very great, and euen a like quantity take of Carrowaie ſeede, Fennell ſeede, and Coriander ſeede.

Take of the fineſt Cinamon, and cut it into prettie ſmall ſticks beeing drie, and beware you wette it not, for that deadeth the

the cinamon, and then worke as in other comfits. Do this with Orenge rindes likewiſe.

Worke vpon ginger, cloues, and Almonds, as vpon other ſeeds.

The ſmaller that Annis ſeed comfits bee, the fairer, the harder, and ſo in all other.

Take the powder of fine Cinamon two drammes, of fine muske diſſolued in a little water one ſcruple, mingle theſe all together in the hanging baſon, and caſt them vpon Sugar of a good decoction, then with thy left hand moue it to and fro, and drie it well: doe this often, vntill they bee as great as poppie ſeedes, and giue in the ende three or foure coates of a light decoction, that they maie bee round and plaine, and with an high decoction you maye make them criſpe.

You muſt haue a coorſe ſearce made for the purpoſe with hayre or with parchment full of holes to

part and diuide the comfets, into ſeuerall ſorts.

To make paſte for comfets. Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, fine ginger powder one dramme, ſaffron powdred, a little; white ſugar two ounces, and a fewe ſpoonfulls of borrage water, ſeeth the water and the ſugar together, and put to the Saffron, then firſt mingle the crummes of bread, and the ſpices well together, drie them, put the liquor ſcalding hote, vpon the ſtuffe, and beeing hote labour it with thy hand, and make balles or other formes thereof, dry them and couer them as comfets.

Coriander ſeedes two ounces, ſugar one pound and a halfe, maketh very faire comfets.

Annis ſeedes three ounces, Sugar halfe a pound, or annis ſeedes two ounces, & ſugar 6. ounces, will make faire comfits.

Euerie dram of fine Cinamon, will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce will take at the leaſt a pound of ſugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the ſugar a little Amylum diſſolued for fiue or ſix of the laſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or ſtarch to the comfits which you would haue criſpe, it will make them flat and ſmooth.

In any other confection of paſted Sugar mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammie.

To make red comfets, ſeeth three

or foure ounces of brakell with a little water, take of this red water 4, ſpoonfulls, of ſugar one ounce, and boile it to his decoction, then giue 6, coates, and it will bee of a good colour, or elſe you maie turn ſo much water with one dramme of turneſole, doing as before.

To make greene comfits, ſeeth ſugar with the iuice of beets.

To make them yeilow, ſeeth ſaffron with ſugar.

In making of comfets, alwaies when the water dooth ſeeth, then put in your Sugar powder, and let it ſeeth a little vntil it bee cleane diſſolued and boiled to his perfect decoction, and that the whiteneſs of the colour bee cleane gone: and if you let it ſettle, you ſhall ſee the ſugar ſomewhat cleare.

For biskets take two ſpoonfulls of liquor, of Sugar ſearced in a courſe ſearce one dram, and of ſugar powder to bee molt and caſt one ounce. This done will make the biskets

biskets ſomewhat faire, and ſomewhat greater then poppie ſeeds.

Alter Take ſugar powder foure drams, ſugar to caſt foure ounces with liquor ſufficient, laie gold or ſiluer on your comfits.

Euery dramme of ſugar powder will take an ounce of ſugar to bee caſt: 8. drams make one ounce. To thus much powder for biskets take halfe a pound of ſugar to caſt thereon.

Coriander ſeedes a quarter of a pound, ſugar three pound, Coriander ſeedes halfe a pound, ſugar 3. drams. will make faire comfits.

For biskets, Annis ſeedes halfe a pounde, Fennell ſeedes a quarter of a pound, and ſugar two pounde ſufficeth.

In ſixe or eight of the laſt coats put in two ſpoonfulls of ſugar very hote to make them criſpe.

To one pound of ſugar take 9. ounces of water.

55. *To make a cullis as white as ſnowe, and in the nature of gelly.*

TAke a cocke, ſcalde, waſh and drawe him cleane, ſeeth it in white wine or rheniſh wine, skum it cleane, clarifie the broth after it is ſtrained, then take a pint of thicke & ſweet cream, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take powdred ginger, fine white ſugar & Roſewater, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. *To make wafers.*

TAke a pint of flower, put into it a little creame with two yolkes of egs and a little Roſewater, with a little ſearced Cinamon & ſugar, worke them all together and bake the paſte vpon hot Irons.

57. To

57. *To make Almond butter.*

BLanch your almonds, and beat thē as fine as you can with faire water, two or three houres, then ſtrain them throgh a linnen cloth, boile them with Roſewater, whole mace and annis ſeeds till the ſubſtance be thicke: ſpread it vpon a faire cloth, dreining the whey from it, after let it hang in the ſame cloth ſome few houres, then ſtrain it and ſeaſon it with Roſewater and ſugar.

58. *A white gelly of Almonds.*

TAke Roſewater, gumme Dragagant diſſolued, or Iſinglaſſe diſſolued, and ſome Cinamon groſſely beaten, ſeeth them all together, then take a pounde of almonds, blanch and beate them fine with a little faire water, drie them in a faire cloth: and put your

your water aforeſaide into the Almonds, ſeeth them together and ſtir them continually, then take them from the fire, when all is boiled to a ſufficient height.

59. To make Leach.

SEeth a pinte of Creame, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it vntill it be verie thicke, then take a handfull of blanched Almondes, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60. Sweet Cakes without either ſpice or ſugar.

SCrape or waſhe your Parſneps cleane, ſlice them thinne, dry them vpon Canuas or networke frames, beat them to powder mixing one third thereof with two thirds

thirds of fine wheate flower, make vp your paſte into coates, and you ſhall finde them very ſweete and delicate.

61. *Roſes and Gilliflowers kept long.*

Couer a Roſe that is freſh, and in the bud, and gathered in a faire daie after the dewe is aſcended, with the whites of egges well beaten, and preſently ſtrewe thereon the fine powder of ſearced Sugar, and put them vp in luted pots, ſetting the pots in a coole place in ſand or grauell. With a fillip at any time you may ſhake off this incloſure.

62. *Grapes growing all the yeare.*

PVT a Vine ſtalke through a Basket of earth in December, which is likelie to beare Grapes, that

that yeare, and when the grapes are ripe, cut off the ſtalke vnder the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time vpon the vine.

63. *How to drie Roſeleaues, or any other ſingle flower without wrinkling.*

IF you would performe the ſame well in roſe leaues, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe haue the ſmootheſt leaues of all other) which you muſt eſpecially cull and chooſe from the reſt. Then take right Callis ſand, waſh it in ſome change of waters, and drie it throughly well, either in an ouen, or in the ſunne ; and hauing ſhallow ſquare or long boxes of 4. 5. or 6. inches deepe, make firſt an euen lay of ſand in the bottome, vpon the which

which lay your Roſeleaues one by one (ſo as one of them touch other) till you haue couered all the ſand, then ſtrowe ſand vpon thoſe leaues till you haue thinly couered them all, & then make another laie of leaues as before, and ſo laie vpon lay, &c. Set this boxe in ſome warme place in a hot ſunny daie, (and commonly in two hote ſunnie daies they will bee thorough drie) then take them out carefully with your hand without breaking. Keepe theſe leaues in Iarre glaſſes, bound about with paper, neere a chimney, or ſtoue, for feare of relenting. I finde the red Roſe leafe beſt to be kept in this manner; alſo take away the ſtalkes of panſies, ſtocke gilliflowers, or other ſingle flowers, pricke them one by one in ſande, preſsing downe their leaues ſmooth with more ſande laid euenly vpon them. And thus you may haue Roſe leaues, and other flowers to laie about your

baſons, windowes, &c. all the winter long. Alſo this ſecret is verie requiſite for a good ſimplifier, becauſe hee maie drie the leafe of any herbe in this manner, and laie it being drie in his Herball with the ſimple which it repreſenth, whereby hee maie eaſily learne to know the names of all ſimples which he deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of grapes hanging vpon lines within a cloſe preſſe will laſt till Eaſter. If they ſhrinke you maie plumpe them vppe with a little warme water before you eat them. Some vſe to dip the endes of the ſtalkes firſt in pitch: ſome cut a branch of the Vine with euerie cluſter, placing an apple at each ende of the branch: now and then renewing thoſe Apples as they rot, and after hangmg them within a preſſe or cupboard, which

would

wold stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must bee forced now & then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. *How to keepe Walnuts a long time plumpe and fresh.*

MAKE a laie of the drie stampings of crabs when the verjuice is pressed from them, couer that lay with Walnuts, & vpon the make another lay of stampings, & so one lay vppon another till your vessell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit vpon the kernels of drie Walnuts.*

GAther not your Walnuts before they be ful ripe, keep the without

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out any Art vntill Newyeeres tide, then breake the ſhelles carefully, ſo as you deface not the kernells (and therefore you muſt take choiſe of ſuch nuts as haue thin ſhels) whatſoeuer you find to come away eaſilie, remoue it: keep theſe kernells in conduit water, forty eight houres, then will they ſwell and grow verie plumpe and faire, and you may pill them eaſily, and preſent them to any friend you haue for a New yeers gift: but being pilled, they muſt be eaten within two or three houres, or elſe they loſe their whiteneſs and beautie: but vnpilled they will laſt two or three daies faire and freſh. This of a kinde Gentlewoman, whoſe ſkill I doe highly commend, and whoſe caſe I doe grealy pitie; ſuch are the hard fortunes of the beſt wits and natures in our daies.

67. How to keepe Quinces in a moſt excellent manner.

Make

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MAKE choiſe of ſuch as are ſound, & gathered in a faire, dry and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then couer them with pennie ale, & ſo let them reſt: and if the liquor carrie any bad ſcum, after a day or two take it off: euery 10. or 12. dayes let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole and fill it vp againe with freſh pennie ale, you may haue as much for two pence at a time as will ſerue for this purpoſe: theſe Quinces being baked at Whitſõtide did taſte more daintily then any of thoſe which are kept in our vſuall decoctions or pickles.

Alſo if you take white wine Lees that are neat (but then I feare you muſt get them of the Marchant, for your Tauernes doe hardly affoord any) you may keepe your Quinces in them very faire and freſh all the yeare, and therein may you

you alſo keep your barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranates as are ſound and not prickt as they tearme it, lap them ouer thinly with wax, hang them vpon nailes, where they may touch nothing, in ſome cupboard or cloſet in your bedchamber, where you keepe a continuall fire, and euery 3. or 4. dayes turne the vnder ſides vppermoſt: and therfore you muſt ſo hang them in packthred, that they may haue a bow knot at either ende. This way Pomgranates haue beene freſh till Whitſontide.

69. *Preſeruing of Artichocks.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple; and of all the reſt of the ſtalkes make a ſtrong decoction

tion, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction : when you ſpend them, you muſt laie them firſt in warme water, and then in colde, to take away the bitterneſſe of them. This of M. *Parſons*, that honeſt and painefull practicer in his profeſſion.

In a milde & warme winter about a moneth or three weekes before Chriſtmaſs, I cauſed great ſtore of Artichokes to bee gathered with their ſtalkes in their full length as they grewe, and making firſt a good thicke lay of Artichoke leaues in the bottome of a great and large veſſell, I placed my Artichokes one vpon another as cloſe as I coulde couch them, couering them ouer of a prettie thickneſſe with Artichoke leaues : theſe Artichokes were ſerued in at my table all the Lent after, the apples being red and ſound, onelie the tops of the leaues a litle vaded, which

I did cut away.

70. Fruit preſerued in pitch.

DWayberries that doe ſomewhat reſemble blacke cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almoſt cold, and before it congeale and harden again, and ſo hung vp by their ſtalkes, will laſt a whole yeare. *Probat. per* M. *Parſons*, the Apothecarie. Prooue what other fruites will alſo bee preſerued in this manner.

71. To make Cloue or Cinamon Sugar.

LAy peeces of ſugar in cloſe boxes amongſt ſticks of Cinamon, cloues, &c. and in a ſhort time it will purchaſe both the taſte and ſent of the ſpice. *Probat.* in cloues.

72. Haſell Nuts kept long.

A Man of great yeares and experience aſſured mee, that Nuts may bee kept a long time with full kernels, by burying them in earthen pottes well ſtopt a foote or two in the ground: they keep beſt in grauellie or ſandie places. But theſe nuts I am ſure will yeeld no oile as other nuts will, that waxe drie in the ſhels with long keeping.

73. Cheſnuts kept all the yeare.

AFter the bread is drawn, diſperſe your Nuts thinly ouer the bottome of the Ouen, & by this meanes the moiſture beeing dryed vp, the Nuts will laſt all the yeare: if at any time you perceiue them to relent, put them into your Ouen againe as before.

Secrets in Distillation.

1. *How to make true spirit of wine.*

TAke the finest paper you can get, or else some Virgin parchment, straine it very right & stuffe ouer the glasse bodie, wherein you put your sack, malmsie or muskadine, oile the paper or virgin parchment with a pensill moistened in the oile of Ben, and distill it in Balneo with a a gentle fire, and by this meanes you shall purchase onely the true spirit of wine. You shall not haue aboue two or three ounces at the most out of a gallon of wine, which ascendeth in the forme of a cloude, without any dewe or veines in the helme : lure

ali

all the ioints well in this distillation. his spirit will vanish in the ayre, if the glasse stand open.

2. *How to make the ordinary spirit of wine that is solde for fiue shillings, & a noble a pinte.*

PVt sacke, malmesie, or muskadine into a glasse bodie, leauing one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire, draw no longer then till all or most part will burne away, which you may proue now and then, by setting a spoonefull thereof on fire with a paper as it droppeth from the nose or pipe of the helme: and if your spirit thus drawn haue any phlegme therein, thē rectifie or redistill that spirit againe in a lesser body, or in a bolt receiuer in steed of another body, luting a small head on the top of the steele

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thereof, & ſo you ſhall haue a very ſtrong ſpirit: or elſe for more expedition, diſtil fiue or ſixe gallons of wine by Lymbecke; and that ſpirit, which aſcendeth afterward, rediſtil in glaſſe as before.

3. *Spirits of Spises.*

DIſtil with a gentle heat either in Balneo, or aſhes, the ſtrong and ſweete water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Iuniper, Roſemary, &c. after it hath ſtood one moneth cloſe ſtopt, and ſo you ſhall purchaſe a moſt delicate Spirit of each of the ſaid aromaticall bodies.

4. *Spirit of wine, taſting of what vegetable you pleaſe.*

MAcerate Roſemary, Sage, ſweete Fennell ſeeds, Maioram, Lemmon or Orenge pils, &c. in

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in spirit of wine a day or two, and then distil it ouer again. vnles you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. *How to make the water which is vsually called Balme-water.*

TO euery gallon of Claret wine put one pound of green balme. Keep that which commeth first and is cleerest, by it self: and the second and whiter sort which is weakest & commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasse pot. Draw this in May or Iune when the hearb is in his prime.

6. *Rosa-solis.*

TAke of the hearbe Rosa-solis, gathered in Iulie one gallon,

pick out all the black moats from the leaues, Dates halfe a pounde, Cinamon, Ginger, Cloues of each one ounce, graines halfe an ounce, fine ſugar a pound and a halfe, red Roſe leaues, greene or dryed foure handfulls, ſteepe all theſe in a gallon of good Aqua Compoſita in a glaſſe cloſe ſtopped with waxe, during twenty daies, ſhake it well together once euery two daies. Your ſugar muſt be powdred, your ſpices bruiſed onely, or groſſely beaten, your Dates cut in long ſlices the ſtones taken away. If you adde two or three graines of Amber greece, and as much muske, in your glaſſe amongſt the reſt of the Ingredients, it will haue a pleaſant ſmell. Some adde the gum amber with corall and pearle finely powdred, and fine leafe golde. Some vſe to boyle Ferdinando bucke in Roſewater, till they haue purchaſed a faire deepe crimſon colour, and when the ſame is cold,

they

they colour their Rosa-solis and Aqua Rubea therewith.

7. *Aqua Rubea.*

TAke of muske sixe graines, of Cinamon and Ginger of each one ounce, white sugar candy one pound, powder the sugar, and bruse the spices grossely, binde them vp in a cleane linnen cloth, and put them to infuse in a gallon of Aqua composita in a glasse close stopped twenty foure houres, shaking them together diuers times, then put thereto of turnesole one dram, suffer it to stand one houre, and then shake all together: then if the colour like you after it is settled, poure the cleereſt forth into another glasse: but if you will haue it deeper coloured, suffer it to worke longer vpon the turnesole.

8. D. Steuens *Aqua composita.*

TAke a gallon of Gascoign wine, of Ginger, Galingale, Cinamō, Nutmegs & graines, Annis seeds, Fennell seeds, and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosmary, wild Thyme, Camomill, Lauender, of each a handfull: bray the spices small, and bruise the herbes, letting them macerate 12. houres, stirring it now & then, then distill by a limbecke of pewter, keeping the first cleare water that commeth, by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from euery gallon of wine.

9. *Vsquebath, or Irish Aqua vita.*

TO euery gallon of good Aqua Composita, put two ounces of chosen

choſen liquorice bruiſed, and cut into ſmall peeces, but firſt cleanſed from all his filth, and two ounces of Annis ſeedes that are cleane and bruiſed: let them macerate fiue or ſixe daies in a wooden veſſell, ſtopping the ſame cloſe, and then draw off as much as will runne cleete, diſſoluing in that cleere Aqua vitæ fiue or ſixe ſpoonefulls of the beſt Malaſſoes you can get: Spaniſh Cute, if you can get it, is thought better then Malaſſoes: then put this into another veſſell; and after three or foure daies (the more the better) when the liquor hath fined it ſelfe, you may vſe the ſame: ſome adde Dates and Raiſins of the Sun to this receipt; thoſe groũds which remaine you may rediſtill & make more Aqua compoſita of them, and of that Aqua compoſita you maie make more Vſque-bath.

10. *Cinamon water.*

HAuing a Copper bodie or braſſe pot that will holde 12. gallons, you may well make 2. or 3. gallons of Cinamon water at once. Put into your bodie ouernight 6. gallons of conduit water, and two gallons of ſpirit of wine, or to ſaue charge two gallons of ſpirit drawne from wine Lees, Ale, or lowe wine, fixe pound of the beſt and largeſt Cinamon you can get, or elſe eight pounde of the ſecond ſort well bruſed, but not beaten into powder: lute your Lymbecke, and begin with a good fire of wood and coales, till the veſſell begin to diſtill, then moderate your fire, ſo as your pipe may droppe apace, and runne trickling into the receiuer, but not blowe at any time: it helpeth much heerein to keepe the water in the bucket, not too hot, by often change thereof: it muſt

neuer

neuer bee so hote but that you maie well indure your finger therein. Then diuide into quart glasses the spirite which first ascendeth, and wherein you finde eyther no taste or very small taste of the Cinamon, then may you boldlie after the spirit once beginneth to come strong of the Cinamon, drawe vntill you haue gotten at the least a gallon in the receiuer, and then diuide often by halfe pintes and quarters of pintes, least you drawe too long: which you shall knowe by the faint taste and milkie colour which distilleth in the ende: this you must now and then taste in a spoone. Now when you haue drawen so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon water, as the same will well beare: which you must finde by your taste. But if your spirit and your Cinamon be both good, you may of the

afore

aforeſaid proportion will make vp two gallons, or two gallons and a quart of good Cinamon water. Heere note that it is not amiſſe to obſerue which glaſſe was firſt filled with the ſpirit that aſcended, and ſo of the ſecond, third, and fourth: and when you mixe, begin with the laſt glaſſe firſt, and ſo with the next, becauſe thoſe haue more taſte of the Cinamon then that which came firſt, and therefore more fit to be mixed with your Cinamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the halfe of this proportion. Alſo that ſpirit which remaineth vnmixed doth ſerue to make Cinamon water the ſecond time. This way I haue often proued and found moſt excellent: take heede that your Limbecke bee cleane and haue no manner of ſent in it, but of wine or Cinamon, and ſo likewiſe of the glaſſes, funnelles and pots which

you shall vse about this worke.

11. *How to distill Isop, Thyme, Lauender, Rosemary, &c. after a newe and excellent manner.*

HAuing a large pot containing 12. or 14. gallons with a Limbecke to it, or elle a copper bodie with a serpentine of 20 or 24. gallons, and a copper-head, beeing such a vessell as is commonly vsed in the drawing of Aqua vitæ, fill two partes thereof with faire water, and one other third parte with such hearbes as you would distill, the hearbes beeing eyther moist or drie it skilleth not greatly whether, let the hearbes macerate all night, and in the morning begin your fire, then distill as before in Cinamon water, beeing carefull to giue chaunge of waters to your colour alwaies as it needeth: drawe no longer then you feele a strong and sensible taste of the

the hearb which you diſtill, alwaies diuiding the ſtronger from the weaker, and by this meanes you ſhall purchaſe a water farre excelling any that is drawne by a common pewter ſtill: you may alſo gather the oile of each hearb which you ſhall finde fleeting on the top or ſummitie of your water. This courſe agreeth beſt with ſuch hearbs as are not in taſte, and will yeeld their oile by diſtillation.

12. *How to make the ſalt of hearbs.*

BVrne whole bundels of dryed Roſemary, Sage, Hop, &c. in a cleane ouen, and when you haue gathered good ſtore of the aſhes of the hearb, infuſe warme water vpon them, making a ſtrong and ſharp Lee of thoſe aſhes, then euaporate that Lee, and the reſidence or ſettling which you finde in the bottom therof, is the ſalt which you ſeek for. Some vſe to filter this Lee diuers

diuerse times before euaporation, that their salt may be the clearer and more transparent. This salt according to the nature of the hearb hath great effects in physike.

13. *Spirit of hony.*

PVt one part of hony to 5. parts of water: when the water boyleth, dissolue your honey therein, skimme it, and hauing sodden an houre or two, put it into a wodden vessell, and when it is but bloud-warme, set it on worke with yeast after the vsuall manner of Beere and Ale: tunne it and when it hath lyen some time, it will yeeld his spirit by distillation; as wine, beere and Ale will doe.

14. *To distil Rose water at Michaelmas, and to haue a good yeeld as at any other time of the yeare.*

IN the pulling of your Roſes, firſt diuide all the blaſted leaues, then take the other freſh leaues, and laie them abroad vpon your table or windowes with ſome cleane linnen vnder them, let them lie 3. or foure houres, or if they bee dewy vntill the dewe be fully vaniſhed: put theſe Roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldfiners call their hookers, and ſerue to receiue their Aqua fortis, bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keepe a long time good, and you may diſtill them at your beſt leaſure. This waie you may diſtill Roſewater good cheape, if you buy ſtore of Roſes, when you finde a glutte of them in the market, where-

whereby they are sold for 7. pence or 8. pence the bushell, you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vppe the pot with Rose leaues to the toppe, that so in your distillation of them you shall haue a perfect Rose vinegar without the addition of any common vinegar. I haue knowne Rose leaues kept well in Rondlets, that haue beene first well seasoned with som hot liquor & Roseleaues, boiled together, and the same pitched ouer on the outside, so as no ayre might penetrate or pearce the vessell.

15. *A speedy distillation of Rose water.*

STampe the leaues, and first distill the iuice being expressed, and after distill the leaues, and so you shall dispatch more with one Still, then others doe with three or foure

foure stils. And this water is euerie waie as medicinable as the other, seruing in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine vinegar or good Aligar, that may bee both cleare and sharpe.*

I Knowe it is an vsuall manner among the Nouices of our time to put a quart or two of good vinegar into an ordinary leaden still, and so to distill it as they doe all other waters. But this way I doe vtterlie dislike, both for that heere is no separation made at all, and also becauſe I feare that the Vinegar doth carry an ill touch with it, either from the leaden bottome or pewter head or both. And therefore I could wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same beeing placed in sand or ashes.

shes. Note that the best part of the vinegar is the middle part that ariseth, for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heauie toward the latter end, & must be vrged vp with a great fire, & therfore you must now & then taste of that which commeth both in the beginning & towards the latter end, that you may receiue the best by it self.

17. *How to draw the true spirit of Roses, and so of all other hearbs and flowers.*

MAcerate the Rose in his owne iuice adding therunto being temperately warme, a conuenient proportion either of yeast or ferment, leaue them a few daies in fermentation, till they haue gotten a strong & heady smel, beginning to incline toward vinegar, then distill them in balneo in glasse bodies luted to their helmes (happely a limbecke

becke will do better and rid (after) and drawe so long as you finde any sent of the Rose to come, then rediſtill or rectifie the same so often till you haue purchased a perfect ſpirit of the Rose. You may also ferment the iuice of Roſes only, and after diſtill the ſame.

18. *An excellent Roſewater.*

VPon the top of your glaſſe bodie, ſtraine a haire cloth, and vpon that lay good ſtore of Roſeleaues, either drie, or halfe drie: and ſo your water will aſcend verie good both in ſmell and in colour. Diſtill either in balneo, or in a gentle fire in aſhes, you may reiterate the ſame water vppon freſh leaues. This may also bee done in a leaden ſtill, ouer which by reaſon of the breadth you may place more leaues.

19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the iuice therof, set it on the fire, & giue it only a walme or two, then it wil grow clear: before it be cooled, poure away the cleered filter with a peece of cotten & then euaporate your filtred iuice, till it come to a thicke substance and thus you shall haue a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilloflowers, &c.*

DRie the hearbe or flower, and distill the same in faire water in

in a Limbeck, draw no longer then you find tent in the water that issueth, reiterate that water vpon fresh hearbes, and distill as before, diuiding the sweetest from the rest.

21. *A Scottish hand water.*

PVt Thyme, Lauender & Rósemary confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the said hearbs, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for 6. weekes, distill it, and it is called Dames water in Scotland. A little thereof put into a bason of common water maketh very sweet washing water.

22. *How to draw the bloud of hearbes.*

STampe the hearbe, put the same into a large Glasse, leauing two parts empty (some commend the iuice

iuice of the hearbe only) nip or else ſure the glaſſe very well, digeſt it in balneo, 15. or 16. daies, and you ſhall finde the ſame very red, diuide the watriſh part & that which remaineth is the bloud or eſſence of the hearbe.

23. *Roſewater and yet the Roſeleaues not diſcoloured.*

YOu muſt diſtill in balneo, and when the bottome of your pewter Still is through hot, put in a fewe leaues at once and diſtill them: watch your ſtill carefully, and as ſoone as thoſe are diſtilled put in more. I know not whether your profit will require your labour, yet accept of it as a new concluſion.

24. *How to recouer Roſewater, or any other diſtilled water that hath gotten a mother, and is in danger to be muſty.*

Infuſe

INfuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or foure houres with a a gentle fire, redistill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnlesse your Lymbecke stand in balneo.

25. *To draw both good Rosewater, and oyle of Roses together.*

AFter you haue digested your Rose leaues by the space of 3. moneths, *sicut ante, num.* 13. either in barrels or hookers, then distill them with faire water in a Limbeck, draw so long as you can find any excellent smell of the Rose, then diuided the fattie oyle that fleeteth on the top of the Rosewater, and so you haue both excellent oyle of Roses, and also good Rosewater together, and you shall also haue more water then by the ordinarie way,

way, and this Roſewater extendeth farther in phyſicall compoſitions, and the other ſerueth beſt for perfumes & caſting bottles. You may alſo diſtill the oile of *Lignum Rhodium* this way, ſauing that you ſhall not neede to macerate the ſame aboue 24. houres in your water or menſtruum before you diſtill: this oyle hath a moſt pleaſing ſmell in a manner equall with the oile of Roſes.

COOKERIE AND Huſwiferie.

1. *To ſouſe a yong Pig.*

TAke a yong Pig being ſcalded, boile it in faire water & white wine, put thereto ſome Bay-leaues, ſome whole Ginger, & ſom Nutmegs quartered, a fewe whole Cloues, boile it throughly, & leaue it in the ſame broth in an earthen pot.

2. *Aliter.*

TAke a Pig being ſcalded, collar him vp like brawne, and lay your collars in faire cloathes: when the fleſh is boiled tender, take

take it out, and put it in cold water and ſalt, & that will make the skin white: make ſowſing drinke for it, with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a Flownder or Pickerell, of the French faſhion.*

TAke a pint of white wine, the tops of yong Thyme and Roſemary, a little whole mace, a little whole pepper, ſeaſoned with Veriuice, ſalt, and a peece of ſweete butter, and ſo ſerue it: this broth will ſerue to boile fiſh twiſe or thriſe in.

4. *To boile Sparowes or Larkes.*

TAke two ladles full of mutton broth, a little whole mace, put into it a peece of ſweet butter, a handfull of Parſly being picked, ſeaſon it with ſugar, veriuice, and a little pepper.

5. *To boyle a Capon in white broth.*

BOyle your Capon by it ſelfe in faire water, then take a ladleſull or two of mutton broth and a little white wine, a little whole mace, a bundle of ſweet hearbes, a little marrow, thicken it with Almonds, ſeaſon it with ſugar, & a little verjuice, boile a few Currans by themſelues, and a Date quartered, leaſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken or Rabbet: if you haue no Almonds, thicken it with creame, or with yolks of egs, garniſh your diſhes on the ſides with a Lemmon ſliced and ſugar.

6 *To boile a Mallard, Teale, or Wigen.*

TAke mutton broth, and put it into a pipken, put into the bellie

bellie of the foule a few ſweete hearbs & a little mace, ſtick halfe a dozen of Cloues in his breaſt, thicken it with a toſte of bread ſteeped in veriuice, ſeaſon it with a little Pepper, and a little Sugar alſo one Onion minced ſmall is verie good in the broth of any water foule.

7. *To boile a legge of Mutton after the French faſhion.*

TAke al the fleſh out of your leg of mutton, or at the but ende, preſeruing the skinne whole, and mince it ſmall with Oxe ſuet, and marrowe, then take grated bread, ſweete Creame, and yolkes of egges, and a fewe ſweet hearbes, put vnto it Currans, and Raſins of the ſunne, ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton againe where you tooke it out, and ſtew it in a pot with a

marrowe bone or two, ſerue in the marrowe bones with the ſtewed broath and fruite, & ſerue in your leg of mutton dry with caret roots ſliced, and caſt groſſe pepper vpon the rootes.

8. *To boyle Pigs petitoes on the French faſhion.*

BOile them & ſlice them, being firſt rolled in a little batter, your batter being made with the yolk of an egge, two ſpooneſuls of ſweet creame, and one ſpoonfull of flower, make ſawce for it of Nutmeg, vinegar and ſugar.

9. *To boile Pigeons with rice.*

BOyle them in mutton broath, putting ſweet hearbes in their bellies, then take a little Rice and boyle it in creame, with a little whole mace, ſeaſon it with ſugar, lay

lay it thicke on their breaſts, wringing alſo the iuice of a Lemmon vpon them and ſo ſerue them.

10. *To boyle a chine of veale, or chicken in ſharp broth with hearbes.*

TAke a little mutton broth, white wine and veriuice, and a little whole mace, then take Lettuce, Spinage, & Parſley, & bruſe it, and put it into your broth, ſeaſoning it with veriuice, pepper and a little ſugar, and ſo ſerue it.

11. *To make Beaumanger.*

TAKE the brawne of a Capon, toaſe it like wooll, then boile it in ſweet Creame with the whites of two Egges, & being well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alablaſter mortar with a wooden peſtell, then draw it through a thin ſtrainer

with the yolkes of two egges, and a little Roſewater, then ſet it on a chafingdiſh with coales, mixing foure ounces of ſugar, with it, and when it is colde diſh it vp like Almond butter, and ſo ſerue it.

12. *To make a Polonian ſawſedge.*

TAke the fillets of a hog, chop them very ſmall with a handful of red Sage, ſeaſon it hot with Ginger and Pepper, & then put it into a great ſheepes gut, then let it lie three nights in brine, then boile it & hang it vp in a Chimney where fire is vſually kept, & theſe ſawſedges will laſt one whole yeare. They are good for ſallades, or to garniſh boyled meates, or to make one reliſh a cup of wine.

13. *To make tender and delicate brawne.*

PVt collars of brawne in kettles of water or other apt veſſels, into an ouen heated as you would for houſhold bread: couer the veſſells, and ſo leaue them as long in the ouen as you would doo a batch of bread; A late experience amongſt Gentlewomen farre excelling the olde manner of boyling brawne in great & huge kettles. *Quære*, if putting your liquor hote into the veſſells, and the brawne a little boiled firſt, if by this meanes you ſhall not giue great expedition to your work.

14. *Paſte made of fiſh.*

INcorporate the body of Saltfiſh, Stockfiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of euery ſeuerall fiſh, and of that paſte molde off the ſhapes and formes of little fiſhes as of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell vp Oyſters, ſo as they ſhall laſt ſixe monethes ſweete and good, and in their naturall taſte.*

OPen your oiſters, take the liquor of them and mixe a reaſonable proportion of the beſt white wine Vinegar you can get, a little ſalt and ſome pepper, barrell the fiſh vp in ſmal caske, couering all the oiſters in this pickle, and they will laſt a long time: this is an excellent meanes to conuey Oyſters vnto drie townes, or to carry them in long voyages.

16. *How*

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte and delicacie.*

FIrſt ſeeth your Salmon according to the vſuall manner, then ſinke it in apt and cloſe veſſells in wine vinegar with a braunch of Roſemary therein. By this meanes Vintners and Cookes may make profit thereof when it is ſcarce in the markets, and Salmon thus prepared maie bee profitably brought out of Ireland and ſold in London or elſewhere.

17. *Fiſh kept long, and yet to eate ſhort and delicately.*

FRie your fiſh in oile, ſome commend rape oyle, & ſome the ſweeteſt Siuill oile that you can get, for the fiſh will not taſte at all of the oile becauſe

becauſe it hath a watriſh bodie, and oyle and water make no true vnitie, then put your fiſh in white wine vinegar, and ſo you may keepe it for the vſe of your Table any reaſonable time.

18. *How to keepe roſted Beefe a long time ſweete and holeſome.*

THis is alſo done in wine vinegar, your peeces being not ouer great, and well and cloſe barrelled vp: this ſecret was fully prooued in that honourable voyage vnto Cales.

19. *How to keepe powdred Beefe fiue or ſixe weekes after it is ſodden, without any charge.*

WHEN your Beefe hath beene well and throughlie powdred by tenne or twelue daies ſpace, then ſeeth it throughly, drie it

it with a cloth, and wrap it in drie clothes, placing the ſame in cloſe veſſels and cupboords, and it will keepe ſweete and ſound two or three monethes, as I am credibly informed from the experience of a kinde and louing friend.

20. *A conceipt of the Authors, how Beefe may bee carried at the ſea, without that ſtrong and violent impreſſion of ſalt which is vſually purchaſed by long and extreame powdring.*

HEere, with the good leaue and fauour of thoſe curteous Gentlewomen, for whom I did principally, if not onely, intend this little treatiſe; I will make bold to lanch a little from the ſhoare, and trie what maie bee done in the vaſte and wide Ocean, and in long and dangerous voyages, for the better preſeruation of ſuch vſuall victuals, as for want of this skill doe

doe oftentimes meerelie periſh, or elſe by the extreame pearcing of the ſalte, doe loſe euen their nutritiue ſtrength and vertue : and if any future experience doe happen to controule my preſent conceipt, lette this excuſe a ſcholler, *quod in magnis eſt voluiſſe ſatis.* But now to our purpoſe, lette all the blood bee firſt well gotten out of the Beefe, by leauing the ſame ſome nine or tenne dayes in our vſuall brine, then barrell vp all the peeces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip; and ſo dragging them through the ſalte ſea water (which by his infinite change and ſucceſsion of water will ſuffer no putrefaction as I ſuppoſe) you maie happely finde your beefe both ſweete and ſauory enough when you come to ſpend the ſame. And if this happen to fall out true vpon ſome triall thereof had, then eyther at my next impreſsion, or when

when I ſhall bee vrged thereunto vppon any neceſsity of ſeruice, I hope to diſcouer the meanes alſo whereby euery Shippe may carrie ſufficient ſtore of victuall for her ſelfe in more cloſe and conuenient cariages then thoſe looſe veſſells are able to performe. But if I may be allowed to carrie either roaſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein to preſerue for ſixe whole moneths together, eyther Beefe, Mutton, Capons, Rabbets, &c. bothin a cheape manner, and as freſh as we doe now vſually eate them at our Tables. And this I hold to be a moſt ſingular and neceſſarie ſecret for all our Engliſh Nauie: which at all times vppon reaſonable tearmes I will bee readie to diſcloſe for the good of my countrey.

21. *How to make ſundry ſorts of moſt dainty butter, having a lively taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a fewe drops of the extracted oile of Sage, Cinamon, Nutmegs Mace, &c. in the making vp of your butter: for oyle and butter will incorporate and agree very kindly and naturallie together. And how to make the ſaid oiles, with all neceſſarie veſſels, inſtruments & other circumſtances, by a moſt plaine & familiar deſcription; See my Iewel houſe of Art and Nature, vnder the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milk then is commonly vſed or knowen by any of our beſt Dairie women at this day.*

Hauing

HAuing brought your milke into curds by ordinarie rennet, either breake them with your handes according to the vſuall manner of other Cheeſes, and after with a fleeting diſh, taking awaie as much of the whey as you can; or elſe put in the curds, without breaking, into your moate, let them ſo repoſe one houre, or two, or three, and then to a Cheeſe of two gallons of milke adde a weight of tenne or twelue pound, which weight muſt reſt vpon a couer, that is fit with the moate or caſe; wherein it muſt truelie deſcend by degrees as you increaſe your waight, or as the curds doe ſinke and ſettle. Let your curdes remaine ſo all that daie and night following vntill the next morning, and then turne your Cheeſe or curdes, and place your weight againe thereon adding from time to time ſome more ſmall waight as you ſhall ſee cauſe. Note that you muſt laie

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laie a cloath both vnder and ouer your curdes at the leaſt, if you will not wrap them all ouer as they do in other cheeſes, changing your cloath at euery turning. Alſo if you will worke in any ordinarie moat, you muſt place a round and broad hoope vpon the moat resting iuſt of the ſelfe ſame bigneſſe or circumference or elſe you ſhall make very thinne cheeſe. Turne theſe cheeſes euery morning and euening, or as often as you ſhall ſee cauſe, till the whey be all runne out, and then proceed as in ordinary Cheeſes. Note that theſe moates would be full of holes, both in the ſides and bottome, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuiſe moates or caſes either round or ſquare of fine wicker, which hauing wicker couers, may by ſome ſleight be ſo ſtaied, as that you ſhal need

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need onely morning and euening to turne the wrong ſide vpwarde both the bottomes beeing made looſe ond ſo cloſe, and fitting, as they may ſinke truly within the moate or molde, by reaſon of the weight that lyeth thereon. Note, that in other cheeſes, the couer of the moat ſhutteth ouer the moat: but in theſe the couers deſcend & fall within the moates. Alſo your ordinary cheeſes are more ſpoongious and full of eies then theſe, by reaſon of the violent preſsing of them, whereas theſe cheeſes ſettling gently & by degrees, do cut as cloſe & as firme as marmalade. Alſo in thoſe cheeſes which are preſſed out after the vſual manner, the whey that commeth from thē, if it ſtand a while, will carrie a creame vpon it, whereby the cheeſe muſt of neceſsitie be much leſſe, and as I gheſſe by a fourth part: whereas the whey that commeth from theſe new kind of

chee-

Cheeſes is like faire water in color, and carrieth no ſtrength with it. Note alſo that if you put in your curdes vnbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the Cheeſes will yet bee ſomuch the greater: but that is the more troubleſome way, becauſe the curdes beeing tender will hardly endure the turning, vnleſſe you bee very carefull. I ſuppoſe that the Angelotes in Fraunce may bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan; and if your whole Cheeſes conſiſt of vnflatten milke, they will bee full of butter and eate moſt daintily, being taken in their time, before they bee too drie: for which purpoſe you may keepe them when they beginne to growe drie, vpon greene ruſhes or nettles. I haue robbed my wifes Dairie of this ſecret, who hath hitherto refuſed all recompences that haue beene offered her

her by gentlewomen for the ſame: & had I loued a Cheeſe my ſelfe ſo well as I like the receipt, I thinke I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue been willing to publiſh this with ſome other ſecrets of worth, for the which I haue many times refuſed good ſtore both of crowns and angels: and therefore let no Gentlewoman think this book too deare, at what price ſoeuer it ſhall bee valued vpon the ſale thereof, neither can I eſteeme the work to bee of leſſe then twenty yeeres gathering.

23. *Clouted creams.*

TAKE your milke beeing new milked; and preſently ſette it vpon the fire from morning vntill the

the euening, but let it not ſeeth: and this is called my Lady *Youngs* clowted creame.

24. *Fleſh kept ſweet in ſummer.*

YOu may keep veale, mutton or veniſon in the heat of ſummer 9. or ten daies good, ſo as it be newly & faire killed, by hanging the ſame in an high & windy roome. (And therfore a plate cupboard ful of holes, ſo as the wind may haue a through paſſage, would be placed in ſuch a roome, to auoide the offence of fly-blowes) This is a nap-proued ſecret eaſie & cheape, and very neceſſary to be knowne and practiſed in hot and tainting weather. Veale may be kept ten daies in bran.

25. *Muſtard Meale.*

IT is vſuall in Venice to ſell the meale of muſtarde in their markets

kets, as we do flower and meale in England: this meale by the addition of vinegar in two or three daies becommeth exceeding good muſtard, but it would be much ſtronger & and finer, if the huske or huls were firſt diuided by ſearce or boulter, which may eaſily be done, if you drie your ſeeds againſt the fire before you grinde them. The Dutch iron handmils, or an ordinary pepper mil may ſerue for this purpoſe. I thought it very neceſſary to publiſh this manner of making of your ſauce, becauſe our muſtard which wee buy from the Chandlers at this day is many times made vp with vile & filthy vinegar, ſuch as our ſtomack would abhorre it wee ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to auoid ſmoke, in broiling of Bacon, Carbonado, &c.*

MAke little cripping pans of paper,

paper, paſting vp the corners with ſtarch or paſt, wet them a little in water (but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather firſt diped in oyle or molten butter) lay them on your gridiron, & place therein your ſlices of bacon, turning them as you ſee cauſe. This is a cleanlie way, and auoideth all ſmoke. In the ſame manner you may alſo broile thin ſlices of Polonian ſawſeges, or great Oyſters, for ſo were the Popes Oyſters dreſſed. You muſt be carefull that your fire vnthe the gridiron flame not, leaſt you happen to burne your drippin pans, and therefore all colebrands are heere ſecluded.

27. *The true bottling of beere.*

WHen your beere is 10. or 12. daies old, whereby it is growne reaſonable cleare, then

then bottle it, making your corks very fit for the bottles, and ſtop them cloſe, but drinke not of this beere till they beginne to worke againe and mantle, and then you ſhall finde the ſame moſt excellent and ſprightly drinke: and this is the reaſon why bottle ale is both ſo windie and ſ[illegible]ddie, thundring & ſmoking vpon the opening of the bottle, becauſe it is commonlie bottled the ſame day that it is laid into the Cellar, whereby his yeaſt being an exceeding windie ſubſtance, being alſo drawne with the ale not yet fined, doth incorporate with the drinke, and maketh it alſo verie windie: and this is all the lime and gun-powder wherewith bottle ale hath beene a long time ſo wrongfully charged.

28. *How to helpe your bottels when they are muſty.*

SOme put them in an ouen when

the bread ie newly drawen, cloſing vp the ouen, and ſo let them reſt till morning. Others content themſelues with ſcaulding them in hote liquor only till they be ſweet.

29. How to breake whites of Egges ſpeedily.

A Figge or two ſhred in peeces, and then beaten amongſt the whites of egges, will bring them into an oyle ſpeedily: ſome breake them with a ſtubbed rod, & ſome by wringing them often through a ſponge.

30. How to keepe flyes from oyle peeces.

A Line limed ouer and ſtrained about the creſt of oile peeces or pictures, will catch the flyes, that would otherwiſe deface the Pictures. But this Italian conceipte both for the rareneſſe an-

vſetherefore doth pleaſe mee aboue all other : *viz.* Pricke a cowcumber full of Barley cornes with the ſmall ſpiring ends outward, make little holes in the Cowcumber firſt with a woodden or bone bodkin, and after put in the graine : theſe being thick-eplaced will in time couer all the Cowcumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould bee. Such Cowcumbers are to bee hung vp in the middeſt of ſummer roomes to draw all the flies vnto them, which otherwiſe would flie vpon the pictures or hangings.

31. *To keepe Lobſters, Craſiſhes, &c. ſweet and good for ſome fewe daiaies.*

THeſe kinds of fiſh are noted to bee of no durability or laſting in warme weather : yet to prolong their daies a little, though I feare I ſhall raiſe the price of

them by this diſcouery amongſt the fiſhmongers (who onely in reſpect of their ſpeedie decay doe now and then afford a penyworth in them) if you wrappe them in ſweete and courſe rags firſt moiſtened in brine, and then burie theſe cloathes in Callis ſand, that is alſo kept in ſome coole and moiſt place, I know by mine owne experience that you ſhall finde your labour well beſtowed, and the rather if you laye them in ſeuerall cloathes, ſo as one doe not touch the other.

32. *Diuers excellent kindes of bottle Ale.*

I Cannot remember that euer I did drinke the like ſage ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of ſage with a quart of Ale, the ſame being well brued out of one pot into another.

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right goſsips cup that ſhall farre exceede all the ale that euer mother *Bunch* made in her life time, then in the bottling vp of your beſt ale, tunne halfe a pinte of white Ipocras that is newly made, and after the beſt receipt, with a pottle of ale: ſtoppe your bottle cloſe, and drinke it when it is ſtale. Some commend the hanging of roſted Orenges prickt full of Cloues in the veſſell of ale, till you finde the taſte thereof ſufficiently graced to your owne liking.

33. *How to make wormewood wine verie ſpeedily and in great quantity.*

TAke ſmall Rochell or Coniake wine put a fewe droppes of the

extracted wine of wormewood therin, brew it together (as before is ſet downe in bottle ale) out of one potte into another, and you ſhall haue a more neate and wholeſome wine for your body, then that which is ſolde at the ſtilliard for right wormewood wine.

34. *Roſewater and Roſevinegar of the colour of the Roſe, & of the Cowſlep, and violet vinegar.*

IF you would make your Roſewater and Roſe vinegar of a Ruby colour, then make choiſe of the crimſon veluet coloured leaues, clipping away the whites with a paire of ſheeres, and being through dried, put a good large handfull of them into a pinte of Damaske or red Roſewater, ſtop your glaſſe well and ſet it in the ſun, till you ſee that the leaues haue loſt their colour. Or for more expedition you maie performe this worke in Balneo in a

a fewe houres, and when you take out the old leaues, you may put in freſh til you finde the colour to pleaſe you. Keepe this roſewater in glaſſes very well ſtopt, the fuller the better. What I haue ſaid of Roſewater, the ſame may alſo bee intended of Role vinegar, violet, marigolde, and cowſlep vinegar, but the whiter vinegar you chuſe for this purpoſe, the colour thereof will be the brighter, and therefore diſtilled vinegar is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diuiſion of parts, according to the manner expreſſed in this booke in the diſtillation of vinegar.

55. *To keepe the iuice of Orenges and Lemmons all the yeare for ſauce, Iuleps and other purpoſes.*

EXpreſſe their iuyce, and paſſe it through an Ipocras bag to clariſie it from his impurities,

then fill your glaſſe almoſt to the top, couer it cloſely, and let it ſtand ſo till it haue done boyling: then fill vp your glaſſe with good Sallet oyle, and ſet it in a coole cloſet or butterie where no ſunne commeth. The apteſt glaſſes for this purpoſe are ſtraight vpright ones, like to our long beere glaſſes, which would bee made with little round holes, within two inches of the bottome to receiue apt fawcets, and ſo the grounds or lees would ſettle to the bottome, and the oyle woulde ſinke downe with the iuice ſo cloſely that all putrefaction would bee auoyded: or in ſteede of holes if there were glaſſe pipes it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner preſerue many iuices of hearbes and flowers.

And becauſe that profite and skill vnited doe grace each other,

if

if (courteous Ladies) you will lend eares and follow my direction; I will heere furniſh a great number of you) I wo'd I could furniſh you al) with the iuice of the beſt ciuill Orenges at an eaſie price: About Alhallontide or ſoone after, you may buy the inward pulpe of ciuill Orenges wherein the iuice reſteth of the comfetmakers for a ſmal matter, who doe onely or principaly reſpect their rindes to preſerue & make Orengeadoes withall, this iuice you may prepare and preſerue as before.

36. *How to purifie and giue an excellent ſmell and taſte vnto ſallet oyle.*

PVt Sallet Oyle in a Veſſell of wood or earthen, hauing a hole in the bottome, to euery 4. quarts of water adde one quart of oyle, and with a wooden ſpoone or

ſpattle beat them well together for a quarter of an houre, then let out the water, preuenting the oyle from iſſuing, by ſtopping of the hole, repeate this worke two or three times, and at the laſt you ſhall find your oile well cleanſed or clarified. In this manner you may alſo clarifie capon greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholomæus Scapius* the maſter Cook of Pope *Pius Quintus* his priuie kitchen. I thinke it the laſt agitation were made in Roſewater wherein alſo Cloues or Nutmegs had beene macerated, that ſo the oyle would bee yet more pleaſing.

Or if you ſet a iarreglaſſe in Balneo full of ſweete oyle, with ſome ſtore of bruiſed Cloues, and rindes of ciuill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloues and rindes

remaine

remain in the oile till both the ſent and taſte doe pleaſe you: I thinke many men which at this day doe loath oile (as I my ſelf did, not long ſince) would be eaſily drawne to a ſufficient liking thereof.

37. *How to clarifie without any Diſtillation both white and claret wine vinegar, for gellies or ſauces.*

TO euery ſixe pintes of good wine vinegar, put the whites of two new laid egs well beaten, then put all into a new leaden pipkin, and cauſe the ſame to boile a little ouer a gentle fire, then let it run through a courſe gellie-bag twiſe or thrice, and it will bee very cleare, & keep good one whole yeare.

38. *To make a moſt dilicate white ſalt for the table.*

FIrſt calcine or burn your white ſalt

ſalt, then diſſolue it in cleere conduit water, let the water ſtand without ſtirring, forty eight houres, then carefully draw away all the cleere water onely, filter it, and after euaporate th filtered liquor, reſeruing the ſalt. Some leaue out calcination.

39. *A delicate Candle for a Ladies Table.*

CAuſe your Dutch Candles to bee dipped in Virgin waxe, ſo as their laſt coate may be meerly waxe: and by this meanes, you may carry them in your hand without melting, and the ſent of the tallow will not breake through to giue offence: but if you would haue them to reſemble yellow waxe candles, then firſt let the tallow be coloured with Turmericke boyled therein, and ſtrained: and after your Candles haue beene dipped therein to a ſufficient

great

greatneſs, let them take their laſt coate from yellow vvax, this may bee done in a great round Cane of tinne plate, hauing a bottom, and beeing ſomewhat deeper then the length of your candles: and as the wax ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your Candles in the aire without candleſticks.*

THis will make a ſtrange ſhevv to the beholders that knovv not the conceit: it is done in this manner. Let a fine Virginall wier be conueied, in the midſt of euerie wike, and left of ſome length aboue the Candle to faſten the ſame to the poſtes in the roofe of your houſe, and if the roome bee any thing high roofed, it will bee hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wier.

41. *Roſe*

41. *Roſe Vinegar made in a new manner.*

MACERATE or ſteep Roſe-leaues in faire water, let them be therein, till they waxe ſoure in ſmell, and then diſtill the water.

Sweete

SWEETE POWders, Oyntments, *Beauties, &c.*

1. *An excellent damask powder.*

TAke of yreos halfe a pound, Rose leaues 4. ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, muske & ciuet of each 10. graines; beat and incorporate them well together.

2. *An excellent hand-water or washing water very cheape.*

TAke a gallon of faire water, one handful of Lauender flowers, a fewe cloues, and some orace powder,

powder, and foure ounces of Beniamin; distill the water in an ordinary leaden Still: you may distill a second water by a new infusion of water vpon the feces, a little of this will sweeten a bason of faire water for your table.

3. *A ball to take out staines from linnen.*

TAke foure ounces of white hard Soape beate it in a morter with two small Lemmons sliced, and as much roche alome as an hasell Nut, roll it vp in a ball, rub the staine therewith, and after fetch it out with warme water if need be.

A sweet and delicate Pomander.

TAke two ounces of Labdanum, of Beniamin and Storax one ounce, musk sixe graines, ciuet sixe

ſixe graines, Amber griece ſixe graines, of Calamus Aromaticus and Lignum Aloes, of each the waight of a groat: beat all theſe in a hote mortar, and with an hote peſtell till they come to paſte, then wet your hand with roſe water, and roll vp the paſte ſodainly.

5. *To take ſtaines out of ones hands preſently.*

THIS is done with the iuice of Sorrell, waſhing the ſtayned place therein.

6. *To take away ſpots and freckles frm the face or hands.*

THe ſappe that iſſueth out of a Birch tree in great aboundance, being opened in March or Aprill, with a receiuer of glaſſe ſet vnder the boring thereof to receiue the ſame, doth performe the ſame

same most excellently and maketh the skin very cleare. This sap will dissolue pearle, a secret not known vnto many.

7. *A white fucus or beauty for the face.*

THe iawe bones of a Hogge or Sowe well burnt, beaten and searced through a fine searce, and after ground vpon a porphire or serpentine stone is is an excellent fucus, being laide on with the oyle of white poppey.

8. *A delicate washing ball.*

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Rose leaues, two ounces of lauender flowers, beat all these together in a mortar, searcing them through a fine searce then

then ſcrape ſome caſtle ſope, and diſſolue it with ſome Roſewater, then incorporate all your powders therewith by labouring of them well in a mortar.

9. *Damaske powder.*

TAke fiue ounces of Orace, two ounces of Cipres, two ouuces of Calamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of Roſeleaues, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. *To keepe the teeth both white and ſound.*

TAke a quart of hony, as much vinegar, and halfe ſo much white wine, boyle them together and waſh your teeth therewith now and then.

11. *To delay heate, and cleare the face.*

TAke three pints of cunduit water, boyle therein two ounces of French barly, chaunge your water, and put in the barly again: repeat this so long, till your water purchase no colour from the barly, but become very cleare: boile the last three pints to a quart, then mixe halfe a pint of white wine therein, and when it is cold, wring the iuice of two or three good Lemons therein, and vse the same for the Morphew, heat of the face or hands, and to cleere the skinne.

12. *Skinne kept white and cleare.*

WAsh the face & body of a sucking childe with brest milk, or cowmilk, or mixed with

with water, euery night, and the childes skinne will wax faire and cleare, and resist sunburning.

13. *An excellent Pomatum to cleare the skinne.*

VVash Barrows grease oftentimes in *May*-dewe that hath bin clarified in the sun, till it bee exceeding white, then take Marshmallow rootes scraping off the outsides, then make thin slices of them and mixe them, set them to macerate in a seething Balneo, and scumme it well till it bee throughly clarified and will come to roap, then straine it, and put now and then a spooneful of May-dewe therein, beating it till it be through cold in often change of May dew, then throw away the dewe, and put it in a glasse couering it with May-dewe, and so reserue it to your vse. Let the mal-

low-

lowe roores be two or three daies dryed in the ſhade before you vſe them. This I had of a great profeſſour of Arte, and for a rare and dainty ſecret, as the beſt fucus this day in vſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle & in a woodden morter with great labour foure ounces of ſublimate, and one ounce of crude Mercurie, at the leaſt ſixe or eight houres (you cannot beſtowe too much labour herein) then with often chaunge of colde water, by ablutiõ in a glaſſe, take away the ſalts from the ſublimate, chaunge your water twiſe euery day at the leaſt, & in ſeuen or eight daies (the more the better) it will be dulcified, and then it is prepared. Lay it on with the oyle of white poppey.

15. *To*

15. *To helpe away chilblanes out of the hands or feete.*

BOyle halfe a pecke of Oates in a quart of water, till they waxe drie, then hauing first anointed your hands with some good Pomatum and well chafed them, hold them within the oates as hotte as you may well suffer them, couering the bowle wherein you put your hands with a double cloth to keep in the steame of the oates. Do this three or foure times, and you shall finde the effect. The same oates will serue to be sodden with fresh water three or foure times.

16. *To helpe a face that is reddie or pimpled.*

DIssolue common salte in the iuice of Lemmons, and with a linnen

linnen cloth, pat the patients face that is full of heate or pimples. It cureth in a few dressings.

17. *Aliter.*

TAke of those little whelkes or shels which some do call giny mony, wash fiue or sixe of them, & beate them to fine powder, and infuse the iuice of Lemmons vpon them, & it will presently boile: but if it offer to boile out of your glasse, then stop the mouth thereof with your finger, or blow into it. This will in a short time bee like an ointment, with which you must anoint the heat or pimples of the face oftentimes in a daie till you find help. As the ointment dryeth, put more iuice of Lemmons to it. This, of an outlandish Gentlewoman, and it is an assured remedy if the heate bee not verie extreme. Some haue found by experience

perience, that bathing of the face with hote vinegar euery night when they goe to bed doth mightily repell the humor.

18. *Aliter.*

QVilt baie ſalt well dried & powdered, in double linnen ſockes of a pretty bigneſſe, let the patient weare them in wide hoſe and ſhooes day and night, by the ſpace of fourteene daies, or till hee be well: euery morning & euening let him drie his ſockes by the fire and put them on againe. This helped M. *Foſter* an Eſſex man and an Atturney of the common pleas within theſe few yeares, but now deceaſed, whoſe face was for many yeeres together of an exceeding high and furious colour, of my owne knowledge, and had ſpent much money in Phyſicke without any ſucceſſe at all, vntill

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he obtained this remedy. The patient muſt not take any wet of his feete during the cure.

19. *Aliter & optimè.*

TAke halfe a pound of white diſtilled vinegar, two new laide Egs with their ſhelles, two ſpoonfuls of the flowers of brimſtone, let theſe macerate in the vinegar by the ſpace of three daies: then take out the Egges, and pricke them full of holes with a needle, but not too deepe, leaſt anie of the yolke ſhould happen alſo to iſſue, let that liquor alſo mixe with the vinegar, then ſtraine all through a fine cloath, and tie vp the brimſtone in the cloth like a little ball, dip this ball in the ſtrained liquor, when you vſe it, and pat it on the place three or foure times euerie daie, and this will cure any red face in

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in twelue or fourteen daies. Some doe alſo commend the ſame for an approoued remedie againſt the morphew; the brimſtone ball muſt bee kept in ſome cloſe thing from the aire.

20. *How to take away any pimple from the face.*

Brimſtone ground with the oyle of Turpentine, and applied to any pimple one houre, maketh the fleſh to riſe ſpungeous: which being anointed with the thick oile of butter that riſeth in the morning from new milke ſodden a little ouer night, will heale and ſcale away in a fewe daies, leauing a faire skinne behinde. This is a good skinning ſalue.

21. *To help any Morphew, ſunburning, itch, or red face.*

STeepe two ſliced Lemmons being large and faire, in a pint of Conduit water, leaue them foure or fiue daies in infuſion couering the water, then ſtraine the water, and diſſolue therein the quantity of a haſell nut of ſublimate (ſome hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloth therein, & rub the place where the griefe is, euery morning and euening a little, till the hew doth pleaſe her: you may make the ſame ſtronger or weaker according to good diſcretion.

22. *For the Morphew.*

TAKE a pinte of diſtilled Vinegar, laie therin two new laid egges

egges whole with their ſhels, three yellow Dock roots picked and ſliced, two ſpoonefulls of the flowers of brimſtone, & ſo let all reſt three daies, & then vſe this liquor with a cloth, rubbing the place three or foure times euery daie, and in three or foure daies it commonly helpeth: put ſome branne in your cloth before you moiſten your cloth therein, binding it vppe in forme of a little ball. This, of Maiſter *Rich* of Lee, who helped himſelfe and a gallant Lady therewith in a few daies.

23. *To take away the freckles in the face.*

WASH your face in the wane of the moone with a ſpunge, morning and euening with the diſtilled water of Elder Leaues, letting the ſame drie into the skinne. Your water muſt be di-

ſtilled in *Maie*. This is of a Trauailer, who hath cured himſelfe thereby.

24. *To cure any extreame bruiſe vpon a ſore fall, on the face, or any other member of the body.*

PReſently after the fall make a great fire, and applie hote cloathes one after another without intermiſsion, the patient ſtanding neere the fire for one houre and a halfe, or till the ſwelling be cleane abated. This I knewe proued with good ſucceſſe in a maid that fell downe a paire of ſtaires, whereby all her face was extreamly disfigured. Some holde opinion that the ſame may bee performed with clothes wet in hote water and then wrung out againe before application. Then to take awaie the changeable colours, which doe accuſtomablie followe all bruiſes, ſhred the roote of a greene

greene or growing flower deluce, beate it with red roſe water, and grinde it till it come to a ſalue, applie the ſame, and in fewe houres it taketh away all the colours: but if it lie too long it will raiſe pimples: and therefore ſo ſoone as the colours be vaniſhed, immediatelie remooue the ſalue.

25. *How to keepe the teeth cleane.*

CAlcine the tops and branches of Roſemary into aſhes, and to one part thereof, put one part of burnt allome, mixe them well together, and with thy finger firſt moiſtned a little with thy ſpettle, rubbe all thy teeth ouer a prettie while euery morning till they bee cleane, but not too galling of thy gums, then ſup vp ſome faire water or white wine, gargling the ſame vp and downe thy mouth a

while & then dry thy mouth with a towell. This, of an honeſt Gentleman and a painefull gatherer of phyſicall receites.

26. Sweete and delicate Dentifrices or Rubbers for the teeth.

DIſſolue in foure ounces of warm water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke ſubſtance like gellie, mingle the ſame with the powder of Alablaſter finely ground and ſearced: then make vp this ſubſtance into little rounde rolles, of the bigneſſe of a childes arrowe, and foure or fiue inches in length. Alſo if you temper Roſet, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with Roſewater, Ciuet or muske. But if your teeth

bee

be very ſcalie, let ſome expert barbar firſt take off the ſcales with his inſtrument, & then you may keepe them clean by rubbing them with the aforeſaid rolles. And here, by thoſe miſerable experiences that I haue ſeene in ſome of my neereſt friends, I am inforced to admoniſh all Gentlewomen to be carefull how they ſuffer their teeth to be cleanſed and made white with any *Aqua fortis*, which is the Barbars vſuall water: for vnleſſe the ſame be both well allaied, & carefully applied, ſhe may happen within a few dreſsings to bee forced to borrow a ranke of teeth to eate her dinner, vnleſſe her gums doe help her the better.

27. *A delicate ſtone to ſweat in.*

I Knowe that many Gentlewomen as well for the cleering of their

skins as cleanſing of their bodies, doe now and then delight to ſweat. For the which purpoſe I haue ſette downe this manner following, as the beſt that euer I obſerued. Put into a braſſe potte of ſome good content, ſuch proportion of ſweet hearbes, and of ſuch kinde as ſhall bee moſt oppropriate for your infirmitie, with ſome reaſonable quantitie of water, cloſe the ſame with an apt couer, and well lured with ſome paſte made of flowre and whites of Egges: at ſome parte of the couer you muſt let in a leaden pipe (the entrance whereof muſt alſo bee well luted) this pipe muſt bee conueyed thorough the ſide of the Chimney, where the pot ſtandeth in a thicke hollow ſtake, of a bathing tubbe croſſed with hoopes according to the vuall manner in the top, which you may couer with a ſheete at your pleaſure. Now the ſteame of the potte paſsing thorough the

pipe

pipe vnder the halfe bottome of the bathing tub, which muſt bee boared full of bigge holes, will breath ſo ſweete and warme a vapour vpon your bodie, as that (receiuing aire by holding your head without the tub as you ſit therein) you ſhall ſweate moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmale charcoale fire maintained vnder the pot for this purpoſe. Note that the roome would bee cloſe wherein you place your bathing tub, leaſt any ſudden cold ſhould happen to offend you whileſt your body is made open and porous to the aire.

28. *Diuers ſorts of ſweet hand-waters made ſuddainly or extempore, with the extracted oyles of ſpices.*

FIrſt you ſhall vnderſtand that whenſoeuer you ſhall draw any of

of the aforeſaid oyles of Cinamon, Cloues, *Mace*, Nutmegs, or ſuch like, that you ſhall haue alſo a pottle or a gallon more or leſſe, according to the quantity which you drawe at once, of excellent ſweete waſhing water for your table: yea, ſome doe keepe the ſame for their broths, wherein otherwiſe they ſhould vſe ſome of the ſame kinde of ſpice. But if you take three or foure drops onelie of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too coſtlie to ſpend this way) and mingle the ſame with a pint of faire water, making agitation of them a prettie while together in a glaſſe hauing a narrow mouth, till they haue in ſome meaſure incorporated themſelues together, you ſhall finde a very pleaſing and delightfull water to waſh with, and ſo you maie alwaies furniſh your ſelfe of ſweete water of ſeuerall kindes, before ſuch time as your gueſts ſhall

be

be ready to ſit downe. I ſpeak not here of the oile of ſpike (which will extend very farre this way) both becauſe euery gentlewoman doth not like ſo ſtrong a ſent, & for that the ſame is elſewhere already commended by another Author. Yet I muſt needs acknowledge it to bee the cheaper way, for that I aſſure my ſelfe there may be fiue or ſixe gallons of ſweete water made with one ounce of the oile, which you may buy ordinarily for a groate at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAKE three drams of oyle of Spike, one dramme of oyle of Thyme, one dram of oile of Lemmons, one dram of oile of Cloues, then take one graine of Ciuet, and three graines of the aforeſaid compoſition well wrought together,

ther. Temper them wel in a ſiluer ſpoone with your finger, then put the ſame into a ſilue boule, waſhing it out by little and little into the boule with a little Roſewater at once, till all the oile be waſhed out of the ſpoone into the boule, & then do the like by waſhing the ſame out of the boule with a little roſewater at once, till all the ſent be gotten out, putting the Roſewater ſtill in a glaſſe, when you haue tempered the ſame in the boule ſufficiently. A pinte of Roſewater will bee ſufficient to mingle with the ſaid proportion: and if you finde the ſame not ſtrong enough of the ciuet, then you maie to euery pint put one graine and a halfe, or two grains of ciuet to the weight of three graines of the aforeſaid compoſition of oyles.

30. *To colour a blacke haire preſently into a Cheſnut colour.*

This

THis is done with oile of Vitrioll: but you muſt doe it very carefully not touching the skin.

31. *A preſent and delicate perfume.*

LAy two or three drops of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or ſtorax.

32. *To renew the ſent of a Pomander.*

TAke one graine of ciuet, and two of muſk, or if you double the proportion it will be ſo much the ſweeter, grinde them vpon a ſtone with a little Roſewater, and after wetting your handes with Roſewater, you may work the ſame in your Pomander This is a ſleight to paſſe away an olde Pomander, but my intention is honeſt.

33. *How to gather and clarifie May-deawe.*

VVHen there hath fallen no raine the night before, then with a cleane & large ſponge, the next morning you may gather the ſame from ſweet nearbs graſſe or corne: ſtraine your deaw, & expoſe it to the ſun in glaſſes couer'd with papers or parchment prickt full of holes, ſtraine it often continuing in the ſunne, and in an hote place till the ſame grow white and cleere, which will require the beſt part of the ſummer. Some commend May-deaw gathered from Fennell and Celandine, to be moſt excellent for ſore eies, and ſome commend the ſame (prepared as before) aboue Roſewater for preuing of fruits, flowers, &c.

34. *Diuers excellent ſents for gloues, with their proportions and other circumſtances, with the manner of perfuming.*

THe Violet, the Orenge, the Lemmon duely proportioned with other ſents, performe this well, ſo likewiſe of Labdanum, Storax, Beniamin, &c.

The manner is this: Firſt lay your vmber vpon a fewe coales till it begin to cracke like lime, then let it coole of it ſelfe, taking away the coles, then grind the ſame with ſome yellow ocre, till you perceiue a right colour for a gloue: with this mixture waſh ouer your gloue with a little haire bruſh vpon a ſmooth ſtone in euery ſeame and all ouer, then hang your gloues to drie vppon a line, then with gum Dragagant diſſolued in ſome Roſewater, and ground with a little oile de Ben, or of ſweete

ſweet Almonds vpon a ſtone, ſtrike ouer your gloues in euery place with the gum and oyle ſo ground together, dooe this with a little ſpoonge, but bee ſure the gloues bee firſt throughly dry, and the colour well rubbed and beaten out of the gloue; then let them hang againe till they be drie, which will be in ſhort time. Then if you will haue your gloue to lie ſmooth and faire in ſhew, goe ouer it againe with your ſpoonge, and the mixture of gumme and oyle, and drie the gloue yet once againe. Then grinde vppon your ſtone two or three graines of good muske, with halfe a ſpoonefull of Roſewater, and with a verie little peece of a ſpoonge take vp the compoſition by a little and little, and ſo lay it vpon your gloue lying vpon the ſtone. Picke and ſtraine your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp

to

to drie, and then finish the other side. Tenne graines of muske will giue a sufficient persume to eight paire of gloues. Note also that this persume is done vpon a thin Lambes leather gloue: and if you worke vpon a kids skin or goates skinne, which is vsuall leather for rich persumes, then you must adde more quantity of the oile of Ben to your gumme, and goe ouer the gloue twise therewith.

35. *Sweet bags to lie among linnen.*

FIll your bags only with lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

THe last water that is drawne from honey being of a deepe red colour, performeth the same excel-

excellentlie, but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromatical body.

Or elſe the haire beeing firſt cleane waſhed and then moiſtened a prettie while by a good fire in warme allom water with a ſponge, you may moiſten the ſame in a decoction of Turmericke, Rubarb, or the barke of the Barberry tree, and ſo it will receiue a moſt faire and beautifull colour. The Dogberrie is alſo an excellent berrie to make a golden liquor withal for this purpoſe beate your allom to powder and when the water is ready to ſeeth, diſſolue it therin: foure ounces to a pottle of water will be ſufficient: let it boile a while, ſtrain it, and this is your allome licour wherew th you muſt firſt prepare the haire.

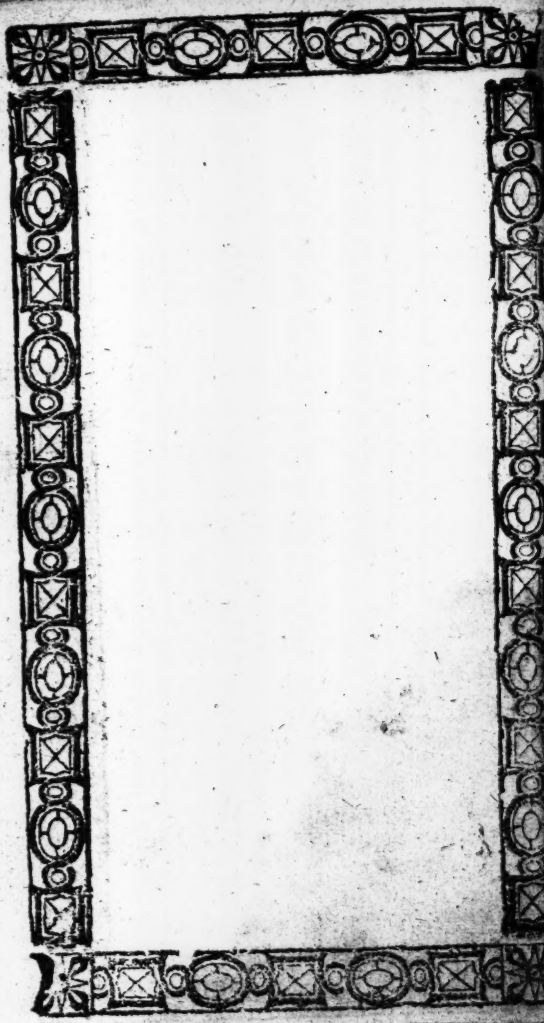
DEFECTIVE ORIGINAL

37. *How to colour the head or beard into a Cheſnut colour in halfe an houre.*

TAke one part of lead calcined with ſulphur, and one part of quicklime, temper them ſomewhat thin with water, lay it vpon the haire, chafing it well in, & let it drie one quarter of an houre or thereabout, then waſh the ſame off with faire water diuers times, and laſtly with ſope and water, and and it will be a very naturall haire colour. The longer it lieth vpon the haire, the browner it groweth. This coloureth not the fleſh at all: and yet it laſteth very long in the haire.

Sæpius expertum.

FINIS.



DEFECTIVE

An especiall Note of CONFECTIONARIE.

To preserue Pippins red.

TAke your best coloured Pippins, and pare them, the take a percer, and bore a hole through them, then make syrupe for the, as much as will cover them, and so let them boyle in a broad preserving pan, put into them a peece of Cynnamon sticke & so let them boyl close covered very leasurely, turning them very often, for if you turne them not very often they will spot, and the one side will not be like the o-

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ther and let them thus boile vntill they begin to gelly, then take them vp & pot them, and you may keepe them all the yeare.

To preserue Pippins white.

TAke faire large pippins, and after Candlemas pare them, and bore a hole through them, as you did for the red ones, then make a weake syrupe for them, and so let them boile till they be tender, then take them vp, & boyl your syrup a little higher, then put them vp in a Gallie pot, and let them stand all night, & the next morning the syrup will be somwhat weaker, then boyle the syrupe againe to his full thicknesse, and so pot them, and you may keepe them all the yeare. If you please to haue them tast a pleasant tast more then the naturall pippin, put in one grane of muske, and one droppe of the Chymicall oyle of Cynamon, and that will make

make them taſte a more pleaſant taſte.

To preſerue Pippins greene.

TAke pippins when they be ſmal and green of the tree, and pare three or four of the worſt, and cut them all to peeces, then boil them in a qnart of fair water till they be pap, then let the liquor come from them as you doe from your Quodiniacke into a baſon, then put into them one pound of ſugar clarified, and put into this as many green pippins vnpared as that liquor will cover, and ſo let them boile ſafely, and when you ſee they be boiled as tender as a quodling, then take thē vp, and pill of the outermoſt white skin, and then your pippins will be green, then boile them in your ſyrup againe, till the ſyrupe be thick: and ſo you may keepe them all the yeare.

To preserue Apricockes.

TAke a pound of Apricocks, & a pound of sugar, & clarifie your sugar with a pint of water, & whē your sugar is made perfect, put it in to a preserving-pan, and put your Apricockes into it, and so let them boyle gently; and when they bee boyled inough, and your syrupe thicke, pot them, & so keep them. In like manner you may preserue a peare plum.

To preserue Mirabolans or Malacadonians.

TAke your Malacadonians and stone them, & perboile them in water, then pil of the outward skin of them, they wil boile as long as a peese of beef, & therfore you need not feare the breaking of them, & when they be boyled tender, make syrupe for them, & perserue them as

as you do any other thing, and ſo you may keepe them all the yeare.

To preſerue Pomcitrons.

TAke your Pomcitrons one pound and a halfe, and cut thē ſome in halfes, ſome in quarters, & take the meat out of them, & boile them tender in faire water, then take two poundes of ſugar beeing clarified, & make ſirupe for them, and let thē boyle in ſyrupe a quarter of an houre very gently, then take them vp, and let your ſyrupe boyle till it be thicke, and then put in your Pomcitrons, and you may keepe them all the yeare If you pleaſe you may pare ſome of them, for ſome delight the skin, & ſome pared.

To preſerue Cheries.

TAke of the beſt and fayreſt cheries ſome two pound, & with a paire of ſheeres clip off the ſtalkes

by the midst, thē wash them clean, and beware you bruise them not, then take of fine Barbarie Sugar, and set it ouer the fire with a quart of faire water in the brodest vessell you can get, & let it seeth till it be somewhat thicke, then put in your Cheries, & stir them together with a siluer spoon, & so let them boyle, alwaies scumming & turning thē very gently, that the one side may be like the other, vntill they be inough, the which to know, you must take vp some of the syrup with one Chery, and so let it coole, and if it will scarse run out it is inough; and thus being cold, you may put them vp, and keepe them all the yeare.

To preserue red rose leaues.

TAke of the leaues of the fayrest buds half a pound, sift thē clean from seeds, then take a quart of fair water, & put it in an earthē pipkin, and

and ſet it over the fire vntill it bee ſcalding hot, & then make a good many of other red roſe leaues, and put them into the ſcalding water, vntil they begin to look white, & then ſtrain them, & thus doe vntill the water looke very red: then take a pound of refined ſugar, and beat it fine, and put it into the liquor with halfe a pound of Roſe leaues, & let them ſeeth together till they be inough, the which to know, is by taking ſome of them vppe in a ſpoone, as you do your Cheries, & ſo when they be thorow cold, put them vp, and keep them very cloſe.

To preſerue Oranges and Lymonds.

TAke your Oranges & Lymõds large and well coloured, & take a raſpe of ſteele, & raſpe the outward rind from them, then lay thẽ in water three dayes, and three nightes, then boyle them tender and

and shift thē in the boiling to take away their bitternesse, and when they be boyled tenderly, take two pound of sugar clarified with a pint of water, and when your syrupe is made, and betwixt hote and cold, put in your Lymonds & Oranges, and there let them bee infused all night, the next morning let them boile two or three walmes in your syrupe, let them not boyl too long in the sugar, because the rinds will be tough: take your Lymonds out and boile your syrupe thicker, and so when it is cold, put them vp, and keepe them all the yeare.

To preserue Quinces.

TAke your Quinces a pound, & core them, & then perboile thē & pil off the outermost whit skin, & then weigh them, and put them into clarified sugar one pound, and then boil thē closly covered vpon a very

a very gentle fire: putting vnto thē a ſticke or two of good Cinamon, cut into ſmall peeces, and ſo ſtirre them continually, that they may be well coloured on every ſide: and whē the ſyrup is com to the height of a perfect gelly, take them off the fire, & ſo keep them, for the higher your ſyrup is, the better wil your quinces keepe.

To preſerue peaches.

TAke a pound of your faireſt & beſt coloured Peaches, & with a wet linnen cloth wipe off the white hoare of thē, then perboyle thē in half a pint of white wine, & a pint and a half of running water, and beeing perboiled, pill off the white skinne off them, and then weigh them, take to your pound of Peaches, three quarters of a pound of refined ſugar, and diſſolue it in a quarter of a pint of white wine, and boile it almoſt to the

the height of a Syrupe, & then put in your Peaches and let them boyl in the syrupe a quarter of an houre or more if need should require, and then put them vp, and keepe them all the yeare.

To preserue Eringus rootes.

TAke your Eringus rootes faire and not knotty, one pound, and wash them cleane, & when they be washed, set them on the fire, and boile them very tender, pill off the outermost skinne of them, but see you breake them not, and as you pare them put thē into cold water and let them remaine there til al be finished, & then you must take to e very pound of roots three quarters of a pound of clarified sugar, and boile it almost vnto the height of a syrup, & then put in your rootes, but look that they boil very gently together, with as little stirring as may

may be for feare of breaking, vntil they be inough, and when they be cold, put them vp, & ſo keep them.

To preſerne Barberies.

TAke pour Barberies very fair & well coloured and picke out every ſtone of them, & then weigh them, & to every ounce of Barberies, you muſt take three ounces of hard ſugar, and with half an ounce of the pulpe of barberies, and one ounce of red roſe water, you muſt diſſolue your ſugar, and then boil it to a ſyrupe, being ſo boiled put in your Barberies, and let them boyle a quarter of an howre, & then take them vp, & as ſoone as they begin to wax coole put them vp, & they will keep their colour all the yeare.

To preſerue Gooſberies.

TAke of your large Beries, but not throughlie ripe, and picke off all the ſtaulkes from them, and

and wash them clean, take a pound of them and sette them on the fire, til they be hot, and thē take them off, & let the liquor run from thē, then take ten ounces of hard sugar, & foure ounces of Sugar Candie, and clarifie it with a pint of water, and the white of an egge, & boyle it to a thicke syrupe, and then put in your Goos-beries, and let them boyle one walme or two, and so betwixt hote and cold, put them vp, and keep them all the yeare.

To preserue Damsins.

TAke of your Damsins large and well coloured, but not through ripe for then they will breake and picke them cleane and wipe them one by one then weigh them, and to every poūd of damsins, you must take a poūd of barbary sugar white & good, dissolved in halfe a pint or more of water, & boil it almost to

to the height of a ſyrupe, and then put in your damſins, keeping them with continuall ſcumming, & ſtirring, and that with a ſilver ſpoone, and ſo let them boyle vntil they be inough vpon a gentle fire, & when they be inough, take them vp, and keepe them all the yeare.

To preſerue Raſpiſes.

TAke of your faireſt and wel coloured Raſpiſes, & pick of their ſtalks very clean, then waſh them, but in any caſe ſee that you bruiſe them not, then weigh them, & to every pound of Raſpiſes you muſt take ſixe ounces of hard ſugar, and 6. ounces of Sugar-candy, and clarifie it with half a pint of faire water, & four ounces of iuyce of Raſpiſes being clarified, boyle it to a weak ſyrupe, and then put in your Raſpiſes, ſtirring thē vp and down, and ſo let thē boyle, vntill they be inough:

inough, that is vsing them as your Cherries, and so may you keepe them all the yeare.

To preserue Enula Campana rootes.

TAke of your Enula Campana roots, and wash them, scrape them very cleane, & cut them thin vnto the pith, the length of your little finger, and as you cut them, put them into water, and let them lie in water thirty dayes, shifting them twice every day to take away their bitternesse, weigh them, and to every pound of roots, you must take 12. ounces of clarified sugar, first boyling your rootes as tender as a chicken, and then put them in to your clarified sugar, and let the boile vpon a gentle fire vntill they be inough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

To preserue Saterion rootes.

TAke your Saterion rootes, and picke out the faire ones, & keep them by themselues then wash the and boile them vpon a gentle fire, as tender as a quodling, then take the off and pare off the blackest shinde of them, and put them as you paire them into faire water, and so let them remaine one night, and then weigh them, & to euery pound of roots, you must take xi. ounces of clarified sugar, and boyle it almost to the height of a syrupe, and then put in your rootes, but take heede they boyle not too long, for then they will grow hard and tough, & therefore when they bee boyled inough, take them off & set them a cooling, and so keepe them according to the rest.

Heere endeth the Preseruatines.

To make Manus Christi.

TAke halfe a pound of refined Sugar, and some Rose-water, and boyle them together till it come to sugar againe, then stir it about while it bee somewhat cold, then take your leafe gold, and mingle with it, then cast it according to art, That is, in round gobbets and so keepe them.

To candy Ginger.

TAke very faire and large ginger, and pare it, & then lay it in water a day and a night, the take your double refined sugar, & boyle it to the height of Sugar againe, then when your sugar beginneth to bee cold take your Ginger, and stir it wel about while your sugar is hard to the pan, then take it out race by race, and lay it by the fire for four howres

houres, then take a pot and warme it, & put the Ginger in it, then tie it very close. & euery second morning stir it about roundly & it wil bee rocke candied in a very short space.

To candie rose leaues as naturallie, as if they grew vpon the trees.

TAke of the fayrest rose leaus, red or damaske, and on a Sun-shine day sprinkle them with rose water and lay them one by one vpon faire paper, then take some double refined sugar and beat it very fine, & put it in a fine lawn searce: when you haue laid abroad all the Rose leaues in the hottest of the sun, searce sugar thinly all over the then anon the Sun will candy the sugar, then turne the leaues, and searce sugar on the other side, and turne them often in the sun, sometimes sprinkling Rose water, and sometimes searsing sugar on the vntil they bee inough, and come to

your liking, and beeing thus done, you may keepe them.

To Candy Marigolds in wedges, the Spanish fashion.

TAke of the fayre yellow marigold flowers, two ounces and shred them, and dry them before the fire, then take foure ounces of sugar and boile it to the height of Manus Christi, then poure it vpon a wet pie-plate, and betwixt hote and cold, cut it into wedges, then lay them on a sheete of white paper, and put them in a stoue.

To Candie all manner of flowers in their naturall colours.

TAke the flowers with the stalks and wash thē over with a little Rose water, wherin Gum-arabeck is dissolved, thē take fine searsed sugar, & dust over them, & set them a dry-

a drying on the bottom of a fiue in an oven, and they will glifter as if it were ſugar-candy.

To Candy all ſorts of flowers, fruits, and ſpices, the cleere rocke Candy.

TAke two pound of barbary ſugar great grained, clarified with the whites of two egs, & boyle it almoſt as hie, as for Manus Chriſti, then put it into a Pipkin that is not very rough, then put in your flowers, fruites, and ſpices, and ſo put your Pipkin into a ſtill, and make a ſmall fire of ſmall coals vnder it, and in the ſpace of twelue dayes, it will be rocke candied.

To Candy Eringus roots.

TAke your Eringus ready to be preſerued, & weigh the & to every pound of your roots, you muſt take of the pureſt ſugar you can get

two pound, and clarifie it with the whites of egs exceeding well, that it may be as cleare as Christall, for then it will be very commendable: it being clarified you must boile it to the height of Manus Christi, & then dip in your roots two or three at once till they be all candied, & so put them in a stoue, and keepe them all the yeare.

To Candie Elecampane.

TAke of your faireſt Enula Campana roots, & take them cleare from the ſyrupe, & waſh the ſugar off them, and dry them again with a linnen cloth, then weigh them, & to euery pound of roots you muſt take a pound & three quarters of ſugar and clarifie it well, & boile it to the height of Manus Chriſti, & when it is ſo boyled, dip in your roots three or foure at once and they will candy very well, and ſo

ſtoue

ſtoue them, and keepe them all the yeare.

To Candy Violet flowers.

TAke of your Violet flowers which are good and new and well coloured, and weigh them, to every ounce of your violet flowers you muſt take foure ounces of refined ſugar, which is very white and faire grained, and diſſolue it in two ounces of faire running water, and ſo boyle it: till it come to ſugar againe, but you muſt ſcum it often, leaſt it he not cleare inough. and when it is boyled to ſugar againe, then take it off, and let it coole, & then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this don put them into a box, and keep thē in a ſtoue.

To Candy Goos-beries.

TAke of your faireſt berries, but they muſt not be too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very cleane, & picke off al the ſtalks from them and weigh them, & to every ounce of Berries, you muſt take two ounces of Sugar, & halfe an ounce of ſugar cãdy, & diſſolue them in an ounce or two of Roſe-water, and ſo boyle them vp to the height of Manus Chriſti, & when it is come to his perfect height, let it coole, & put in your berries, for if you put them in hote, they will ſhrinke, and ſo ſtir them in round with a wodden ſpatter, till they be candied, and thus put them vp, and keepe them.

To Candy Roſemarie flowers.

TAke of your roſemary flowers, ready pickt, & weigh thẽ, to every

very ounce of flowers, you muſt take two ounces of hard ſugar, and one ounce of ſugar candy, and diſſolue them in Roſemary flower water, and boyle them till they come to ſugar againe; which don, put in your Roſmary flowers, whē as your ſugar is almoſt cold and ſo ſtirre them together, vntill they be inough, and then take them out & put them in a boxe, & keepe them to your vſe in your ſtoue.

To Candy Borage flowers.

TAke your flowers, & pick them very cleane, & weigh them, & vſe them in every reſpect, as you did your roſe marie flowers, ſaue this, that when they bee candied, you muſt ſet them in a ſtill, and ſo keepe them in a ſheet of white paper, putting every day a chafindiſh of coales into your ſtill, and it will be candied very excellently, and that in a ſhort ſpace.

Here endeth the ſorts of Candying.

To

To make Past of Pippins *the Genua fashion, some with* leaues, some like plums, with *stalkes and stones in them.*

TAke your Pippins, and pare them, and cut them in quarters, then boyle them in faire water till they bee tender, then straine them. and drie the pulpe vpon a chafindish of coales, then weigh it, & take as much sugar as it weigheth, and boyle it to manus Christi & put them together, thē fashion them vppon a Pie plate, and put it into an Oven, beeing very sleightly heat, the next morning you may turne it, and put them off the plates vpon sheets of paper vppon a hurdle, and so put them into an oven of like heat, & there let them remaine foure or

fiue

fiue daies putting every day a chafindiſh of coales into the oven, & when they be thorow drye, you may boxe them, and keepe them all the yeare.

To make paſt of Eglantine of the colour of the red Corall.

TAke your Eglantine berries otherwiſe called Hips, & ſtampe them in a morter with Gum tragacant and Roſewater, then ſtrain it thorow a ſtrainer then take half a pound of refined ſugar beaten & ſearſed, and worke it vp into Paſt with this ſtrayning, then print it with your moulds, then ſtoue it, & then guild them.

To make Paſt royall white.

TAke a poũd of refined ſugar beaten & ſearſed, and put into an alabaſter morter, with an ounce of Gumtragacant ſteeped in roſewater,

ter, and if you ſee your paſt be too weak, put in more ſugar, if too dry more gumme, with a drop or two of oyle of Cynamō, ſo that you neuer deceiue your ſelfe, to ſtand vpon quantities, beat it into perfect paſt, & then you may print it with your moulds, and when it is dry, guild it, and ſo keepe them.

To make Paſt royall in ſpices.

TAke of Cinamon & Ginger, of each a like quantity being finely ſearſed, mingle it with your ſearſed ſugar, & Gum-tragacant ſteeped in Roſe-water, and worke it into paſt, as you did your paſt royall white, & then you may turne it vppon ſtickes made of peeces of arrowes, and make them hollow like Cinamon ſtickes: in like ſorte you may make it taſt of what ſpices you pleaſe.

To make Paſt of Genua, the true way.

TAke two pound of the Pulpe of Quinces, and as much of Peaches, and ſtraine it, and drie it in a pewter platter vpon a chafindiſh of coales, then weigh it, & take as much ſugar as it weigheth & boyl it to the height of manus Chriſti, and then put them together, and ſo faſhion it vpon a pie-plate, & drie it in an oven, with a chafindiſh of coales, vntill it be thorough drie, and then if it pleaſe you, you may ſpot them with gold.

To make Paſt of Vilolets.

YOu muſt take of your Violets, which are ready picked & bruiſe thē in an alabaſter or marble morter, & wring the iuyce from them into a porringer, and put as much hard

hatd Sugar in fine powder as that iuyce will cover, drie it, and then powder it againe, and then take as much Gum tragacant ſteeped in roſe-water, as will bring this ſugar into a perfect paſt, when it is perfect take it vpp, and print it with your moulds, and ſo dry it in your ſtoue, & not by the fire for fear of danger and when it is drie, guilde it It is a fine banqueting conceit.

To make paſt of Gooſe-beries.

TAke of your gooſ-beries, & cut them one by oue, and wring the iuyce from them til you haue gotten ſo much as you think wil ſerue your turne, boyle your iuyce a little, that it may bee thicker, then take as much double refined Sugar, as your iuyce wil ſharpen, and dry it as you did for your Violets, and being dry, beat it very fine, and take as much Gumme-tragacant ſteeped in Redde roſe-water,

as

as will ſerue, and beat it into perfect paſt in an Alabaſter morter, and then take it vp, and print it with your moulds, vſing it in every reſpect as your paſt of Violets: This is excellent good for one that hath a weake ſtomacke.

Herebeginneth Banqueting conceits, as marmalades, Quodimacks, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Muske sugar beaten and searsed, then take Gum-tragacant, steeped in Rose-water, and two graines of Muske, & so beat them in an Alabaster morter, til it com to perfect past, then driue it very thinne with a rowling pin, and then cut it into smal peeces like diamonds, som cut with

with a rowle ſpoone on the ſides: being thus cut, ſtoue them, and ſo keepe them all the yeare.

To make Diacitonium ſimplex of Quinces.

TAke of your Quinces, & pare them, & cut them in peeces, & boyle a pound of theſe peeces in a quart of fayre water, till they bee very ſoft, then let the liquor run from them, then take a pound of Sugar candy and beat it fine, & put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly, then take it from the fire, & put therein foure drops of oyle of Cynamon and nutmegs, and then put in fiue and twenty leaues of fine gold, & ſtirre it together, and ſo put it in fine Chriſtall Glaſſes, and keepe it all the yeare.

To make fine Chrystall Gelly.

TAke a knuckle of veale, and 4 Calues feet, and set them on the fire with a gallon of faire water, & when the flesh is boyled tender, take it out, then let the liquor stand still vntill it be cold, thē take away the top and the bottom of that liquor, and put the rest into a cleane pipkin, and put into it one pound of clarified sugar, four or fiue drops of oile of Cynamon, & Nutmegs, a graine of muske, & so let it boile a quarter of an howre leasurely on the fire, then let it run through a gelly bagge into a bason with the whites of two egges beaten, and when it is cold you may cut it into lumpes with a spoone, and so serue three or foure lumpes vpon a plate.

To make white leach of creame.

TAke a pint of ſweet cream, and ſixe ſpoonefulls of Roſe water and two graines of muske, 2 drops of oyle of mace, or one peece of large mace, & ſo let it boyle with foure ounces of Iſinglaſſe: then let it runne downe through a gelly bagge when it is cold, ſlice it like brawne, and ſo ſerue it out, this is the beſt way to make leach..

To make a Walnut that when you cracke it, you ſhall find Biſkets and Carrawayes in it, or a pritty poeſie written.

TAke a peece of your paſt royall white being beaten with gum-tragacant: and mixed with a little fine ſearſed Cynamon which will bring your paſt into a walnut.

shell colour, then driue it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the nut, & close the mould together, & so make three or foure walnuts.

To make Quodiniacke of plums.

TAke two pound of plums, and put them into a posnet with a pound and a halfe of brasill sugar clarified with a pint of faire water, & let it boyle til the plums breake, then take it off, & let your liquid substance run through a strainer, & then put it again into the posnet, & so let it boyle till it com to his thicknes, and then print it with your moulds, on what fashiō you please.

To make Biskatello.

TAke two ounces of very fine suger beaten and searsed, & put into

DEFECTIVE ORIGINAL

into it halfe a ſpoonful of Amidú, That is, white ſtarch, a graine of Muske, then beate it into perfect paſt with Gum-tragacant ſteeped in Roſe water, then make it into little prety loaues, the faſhion of manchets, & ſo put a wafer in the bottom of euery one of them, and bake them in a bakingpan, but take heede your pan be not hote, and ſo ſpecke them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweete water to perfume clothes in the foulding, being waſhed.

TAke a quart of Damaske roſe water, & put it into a glaſſe, put vnto it a handfull of Lavender flowers, two ounces of Orris, a dram of Muske, the weight of four pence of amber greeſe, as much ciuet, foure drops of oyle of cloues, ſtop this cloſe and ſet it in the Sun

a fortnight: put one spoonfull of this water into a bason of commõ water, and put it into a glasse, and so sprinkle your clothes therwith in your folding, the dregs left in the bottom (when the water is spent) will make as much more, if you keepe them, and put fresh rose water to it.

To make mosle powder.

TAke two pound of Mosse, of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of damaske rose water foure and twenty howres, then take it out and drie it in an oven vpon a sives bottome, & beat it to powder, put vnto it an ounce of lignũ aloes, beaten and searsed, two ounces of Orris a dramme of musk, half a dram of amber greece a quarter of a dram of civet, put all these into a hot morter & pestell, and beat them together, thẽ searse them

them through a course haire searse and put it into a bagge, and lay it amongst your clothes.

To make Aromaticum Lozenges.

TAke of fine sugar, half a poũd, boile it with red rose water, vntil it com to the height of Lozenges, & in the cooling, put in of the spiees of Aromaticum rosarum 4. drams, with a litle Confectio Alchermes, & so make thẽ into Lozenges, guilding them first, & then cut them square with a knife for that purpose, & when you guild them, if your guilding will not sticke on, wet them genly with a little rose water, but not to much in any case.

To make a Marth-pane, choyce it, & garnish it after the Art of Comfit making.

TAke two pound of smal almõds blanched & beaten into perfect

paſt, with a pound of ſugar finely ſearſed, putting in now and then a ſpooneful or two of Roſe water, to keepe it from boyling, and when it is beaten to perfect paſt, rowle it thin and cut it round by a charger, then ſet an edge on it as you do on a tart, then dry it in an oven, or a baking pan, then yce it with roſe water and ſugar, made as thicke as batter for fritters, when it is vſed, garniſh it with conceits, & ſticke long comfits in it, and ſo guild it & ſerue it.

To make all ſorts of banqueting conceits of March-pane ſtuffe, ſome like pyes, birds, baskets, and ſuch like, and ſome to print with molds.

TAke a pound of Almond paſt, made for the March-pane, and drie it on a Chafingdiſh of coales, till you ſee it waxe white, then you may print ſome with moulds

moulds, & make som with hands, and ſo guild them, then ſtoue them and you may keepe them all the yeare. They be excellent good to pleaſe children.

To make all kind of birds and beaſts to ſtand on their legs in caſt worke.

TAke Barbary ſugar, clarifie it & boyle it to the height of manus Chriſti, then poure it into your mouldes, they beeing ſeaſoned as for your Quodiniack. let thē ſtand a quarter of an houre and they wil be colde, and then you may take them out, and guild them.

To caſt all manner of frutage hollow in turnd worke, and put them in their colours, as Orenges, Lymonds and ſuchlike.

TAke your ſugar being boiled to the height of Manus Chriſti & put

put it into your Alabaſter moulds, beeing made of three peeces turn it round about in your hand, while it is hote, and when it is cold, take it out, and put them in their naturall colours.

To make Prince biſket bread.

TAke a pound of very fine flower, as much ſugar throughly ſearſed, one ounce of Anniſeedes cleane pickt take eight egs, and a ſpoonfull of Muskadine, and beat all into batter as thicke as for fritters, beat it thus in a bole one houre, then put it into your coffins of plate or frames of wood, and ſet it in an oven, and let it remain there one howre, you may ſlice ſome of them when they be a day old, & drie them againe vpon a hurdle of wicker, you may alſo take one of your loaues, and waſh it over with the yolke of an egge beaten with a litle Roſe water, and while it is greene, caſt biskets and carawaies on

on it, and a litle white Candy, & it will ſhew as if it did haile on it, thē ſpot it with gold, & giue to whom you pleaſe.

To make the vſuall Biſket ſold at Comfitmakers.

TAke a pecke of flower, & foure ounces of coriander ſeede, one ounce of Anniſeed, take three egs, three ſpoonfuls of ale-yeſt, and as much warme water as wil make it as thick as paſt for manchets, make it in a long rowle, and bake it in an Oven one howre, & when it is a day old pare it, and ſlice it, ſugar it with ſeaſed ſugar, & put it againe into the oyen, and when it is drie, take it out, & new ſugar it againe, and ſo boxe it, and keepe it.

To make one speciall sweet powder for sweet bags.

TAke of the purest Orris one pound, of red and damaske rose leaues, of each two ounces, of Cloues three drams, coriander seed one dram, Ciprus and Calamus of each halfe an ounce, Benzoin and Storax, of each three drams, beate them all saue the Benzoin and the Storax, and powder them by thē selues and mixe it with the rest of the powder, then take of Muske & Civet of each twenty graines, amber greece ten graines, mixe these with a little of the foresayd powder with a warme pestle, and so by little and little you may mixe it with all the rest, and so with Rose leaues dried you may put it vp into your sweet bags, and so keep them seaven yeares.

To

To make an excellent Marmalate which was giuen to Queen Mary *for a New-yeeres gift.*

TAke a pound & a halfe of ſuger, boile it with a pint of faire water, til it com to the height of Manus Chriſti, then take three or four ſmall Quinces, one good Orenge pill, both very well preſerved, and finely beaten, & three ounces of almonds blanched, & beaten by thẽſelues, Eringus roots preſerued. 2. ounces and a halfe, ſtir theſe with the ſuger till it will not ſticke, and then at the laſt put in of Muske, & Amber, diſſolved in roſe water, of each 4 graines of Cinamon, Ginger, Cloues & Mace, of each three drams, of oyle of Cinamon two drops: this being done, put it into your Marmelate boxes, & ſo preſent it to whom you pleaſe.

To

To make another sort of Marmelate very comfortable and restoratiue for any Lord or Lady whatsoeuer.

TAke of the purest green ginger sixe drams, of Eringus and Saterion roots of each an ounce and a halfe, beat these very finely, and draw them with a silver spoone thorough a haire searse take of nut kirnells and almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in hony 12. howres, and then boyled in milk, and beaten and mixed with the rest, then powder the seeds of red nettles, of rocket, of ech one dram, Plantane seeds halfe a dramme, of the belly and backe of a fish called *Scincus Marinus* three drams, of Diasaterion foure ounces, of Cantarides adde a dramme, beate these very finely, and with the other pouder mixe it, and so with a

pound

poūd of fine ſugar diſſolved in roſe water, and boyled to ſugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſixe leaues, of pearle prepared two drams, oyle of Cynamon 6 drops, and being thus done & well dryed, put it vp in your Marmelate boxes, and guild it, and ſo vſe it at your pleaſure.

To make a blaunch for any Ladies face.

TAke of white Tartar 2. drams, Camphire one dram, Coperas halfe a dramme, the whites of four eggs, iuyce of two Lymonds, oyle of tarter 1. ounces, Plantaine water as much, whit mercury a peny worth, bitter almonds 2 ounces, all muſt bee powred and mixed with the oyle & water, & then boiled vpō a gentle fire, & ſtraine it, and ſo keepe it: the partie muſt rub her face with a ſcarlet cloth, & then

then over night waſh her with it, and in the morning waſh it off with bran and white wine.

To make printed Quodinia kes of Quinces a ruby colour.

TAke two poũd of Quinces, pared and cut in ſmall peeces: and put them into a poſnet with 3 pints of faire water, & ſo let them boyle till they be tender, then put into them a pound of ſugar, and let it boyle till the fruit fall to the bottom of the pan, let the liquor run through a ſtrainer in a baſon, and put it into a faire poſnet, and let it boyle till it come to his colour & thicknes, then print it with your moulds, you ſhall know when it is ready to print, by rowling a litle vpon the backe of a ſpoon, & if you ſee it will ſtand and not run down print it: in like ſort you may make your Quodiniack of Pippins, your Pippins will hold all the yeare.

To make Quodiniacks of Raſpiſes or Engliſh Coriants.

TAke Raſpiſes ripe and well coloured, and put them in a diſh, & put to them 4 ſpoonfuls of roſe water, and mixe the together with the backe of a ſpoone, then wring the liquid ſubſtance through a linnen cloth, ſeaſon it by your mouth with ſugar till it be ſweet inough, then boyle it on a chafindiſh of coales in a diſh, till it be ready to print, then print it in your moulds and boxe it and keepe them.

Heere endeth the conceits of Banquetting.

Your moulds muſt lie in water one night before you vſe them; and an howre before you print with them, take them out of the water.

CORDIALL Waters.

Aqua Cæleſtis.

TAke of Cynamon 6. ounces, Cloues one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drams, Calamus roots one dramme, all bruſed and kept in a paper, thē take of bettony & ſage flowers of ech a handfull, Mariorā Penneryall, of each halfe a handfull bruiſed likewiſe: then take of theſe powders, of Aromaticum Roſa-

Rosarum three drams, Diambræ Diamargariton frigidum, Diamoscum dulce, of each a dram & a half, you must put all these into a gallon of spirit of wine, and steepe them three dayes and three nights, shaking them wel every day, & then distill it in your Limbeck, & when it is distilled, you must hang halfe an ouce of yellow Sanders, & twety graines of muske, & amber in it.

To make Cynamon water.

TAke one pound of the best Cynamō you can get, bruise it wel, and put it into a gallon of the best sacke, & infuse it three dayes and three nights, and then distill it as your Aqua cœlestis.

To make Doctor Stevens water.

TAke of rose leaues one dram, bo rage, bugloss, violets & rosema-

rie flowers, of ech a dram & a half, Spignard a dramme, cinamon two ounces Ginger one ounce, cloues & nutmegs of each half an ounce, Cardamons a dram & a half, Gallingale two drams, Cubebs a drā, pepper 3. drams, Aniseeds, Carraway seeds, and Fennell, of each an ounce. Lignum alloes half a dram, Corall and Pearle in fine powder of each one dram, bruise these, & put them in a pottle of Aqua-vitæ, & a quart of Sack, vsing it in every respect as your Aqua Celestis.

To make Baume water.

TAke Baume, drie three ounces, time, peneryal, of ech an ounce, Cynamon foure ounces, a dramme of Cardomons, Graines halfe an ounce, sweet fennel seeds an ounce nutmegs & Ginger, of ech a dram, Galingale one ovnce, Caliamus & Cyprus, Cubebs and pepper, of each two drams, of Caper rootes half a dram, of dictamus one dram

bruise

bruiſe theſe things, & put thé to a pottle of ſacke, and ſteep them 24 howres, and then vſe it as the former waters.

Angelica water.

TAke Cardus drie, a handful, Angelica rootes three ounces, of Myrrh one dram, nutmegs half an ounce, cynamon, ginger, of each 4 ounces, ſaffron one dram & a half, Cardamons, Cubebs, Galingale & pepper, of ech a quarter of an ounce mace two drams, grains one dram Lignum Aloes, Spicknard, Iuncus odoratus of each a dram, Sage, Borage, Bugloſſe, Violets, and Roſemary flowers, of each halfe a handfull, bruiſe theſe, and ſteep them in a pottle of ſacke 12. howres, and diſtill it as the reſt.

Roſa Solis.

TAke Liquoriſh 8. ounces, Anniſeed. caraway, of each an ounce, rayſons ſtoned, Dates of each thre ounces, nutmegs, ginger, cynamo,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar four ounces, bruiſe theſe & diſtil it with a gallon of Aqua vitæ as the reſt, but when it is diſtilled, you muſt colour it with the hearbe Roſa ſolis, or elſe Alkanet root.

Wormewood-water.

TAke of wormwood two ounces and a halfe, Sage, Betony, and Rue, of each halfe a handful, Roſemary tops a handfull, Cinamon 3, ounces, Nutmegs halfe an ounce, Cloues and Mace of each halfe a dram, Ginger an ounce, Gallingal, Cubebs and Spicknard, of each a dram and a halfe, of Scordium halfe a handfull, bruiſe theſe, and put them into a pottle of Sacke & a pint of Aqua vitæ, and ſteep the foure and twenty howres, and diſtill them as the reſt.

Heere

¶ Here beginneth Conſerues.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender, then pare them and cut them to the coare, then draw the pulpe, that is, the Quince through a hair ſearce, & weigh it, to every poũd, of pulp, take a poũd of clarified ſugar, and boyle them together till they come to a perfect colour, putting to them in the boyling a little oyle of Cynamon, and when it is boyled inough, that it will not ſticke to the pan, put it into your marmalade boxes. But your conſerue muſt not be boyled

so high in any case, for then it will not be so good.

To make conserue of red & damaske Roses.

TAke of the purest and best coloured buds you can get, & clip to off the whites from them, and every pound of leaues you must take three pound of barbarie sugar and beat them together, til they be very fine, and then with a wodden spatter tak it vp, & set it on the fire till it bee through hote, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Vio'ets.

TAke of your Violet flowers, & pick off all the blew flowers & keepe them & weigh them, & take to every ounce of flowers 3. ounces of refined sugar, & beat them in an alabaster morter, till they be very fine, & then take the vp, and put them into an earthen pipkin, & set

ſet them vpon the fire, vntill ſuch time as they be through hote, and then take them off, and put them vp and keepe them.

To make pectoral rowles for the cough.

TAke liquoriſh powder finely ſearſed one ounce, of the ſpices of Diatragacanthum frigidum two drams, of Gum-arabecke, & Tragacant in fine powder, of each a dram, white ſtarch halfe a dram, Aniſeeds in fine powder one oũce mingle with the reſt, then take of ſugar ſixe ounces, of Pennits an ounce and halfe, Sugar candy one ounce powdered & mingled with the former powder, then take gum tragacant ſteeped in Roſe-water, and beat it into paſt, and ſo make it into long rowles, and ſo drie them and keepe them.

To make Cõſerue of Borage flowers.

TAke of your borage flowers wel colored, & picke the blacks frõ them,

them, then weigh them, to every ounce of flowers, you must take 3 ounces of sugar, and beat them together in an alabaster morter with a wodden pestle vntil they be very fine, so that you cannot discern any sugar in lumps, then take them out and put the conserue into a pipkin and heat it through hote, & having thus done put them vp, & keepe them all the yeare.

To make Conserue of Rosemary flowers.

TAke your Rosemary flowers, fresh and good, and picke them from the green tuske, weigh them and take to every ounce of flowers three ounces of Sugar Candy, and beat them very fine, vsing the in every respect as you did your other conserues.

To make Conserue of Bugloss flowers.

TAke your bugloss flowers, and pick them as you did your borage flowers

flowers, and then weigh them, & to every ounce of flowers, you must take 2. ounces of hard sugar and an ounce of Sugar Candy, and beate them together till they bee exceeding fine, & then set them on the fire to dissolue the sugar, & when it is dissolved, & the conserue hot, put it vp and keepe it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of storax halfe a dram, of Lignum aloes in fine powder half a scruple, of Labdamum halfe and ounce, powder all these very fine, and searse them through laune and then take of muske a dram, Amber greese ten grains, Civet ten grains, and dissolue them in a hot morter with a little rose water, & so make them into a pomander, putting in to it sixe graines of Civet.

To make Conserue of Barberies.

TAke of your Barberies, which are very red and ripe, & picke them from the stalks & then wash thē, & put vnto them a prety deal of faire water, and set them on the fire in an earthen pan, and so scalde them, & being throughly scalded, pulpe them through a fine searce, and to every pound of pulpe, take a pound of powder sugar, & boyle them till it be inough, that is, til it will cut like marmelate.

To make Cōserue of Cichorie flowers.

TAke of your Cichory flowers new gathered, for if you let thē lie but one howre or two at the most, they will lose their colour and doe you very little seruice, therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined sugar, and beat them together in a morter of Alabaster with a woodden pestle vntill such time

time as they be throughly beaten, for the better the flowers and ſugar be beaten the better will your Conſerue bee: let this alwayes bee for a generall rule, and being very well brayed, you muſt take them vp, and put it into a chafer cleane ſcoured, and ſet it on the fire, till it be throughly hote, and then take it off, and put it vp, and keepe it all the yeare.

To keepe Cowcumbers in pickle all the yeare.

TAke 4 gallons of conduit water, and put vnto it three quarts of bay ſalt, two handfuls of Sage, one handfull of ſweete Marioram, and foure handfuls of Dill, let theſe boyle till it come to 3 gallons, and then take it off & when it is almoſt cold, put in a hundreth of Cowcũbers into that liquor, into a butter barrel & keep the al the year, but look that alwaies the herbs lie vpõ them,

them and thus don, it wilbe a most excellent sallet with oyle, vinegar, and pepper.

An exceeding fine pill vsed for the Gowte.

TAke of Aloes 2 ounces, mastick three drams, Agricke halfe an ounce, Ginger halfe a dram, let these be poudered very fine then take of the extraction of Rubarbe three drams, & with white wine let them bee incorporated into a masse of pils, adding vnto them a drop of oyle of cloues, & as much of Nutmegs.

A medicine for the Gowte.

TAke of the slippes of stars to the number of 4. and then take to every slip foure snailes, and put the into an earthen pot, and sprinkle foure or fiue handfuls of salt vpon them,

them, and then put to them Sage, Rue, wormwood and Hyſſoppe, of each four handfulls, and ſo diſtill them, & when you haue diſtilled them put to them a quart of wine Vinegar, wherin an ounce of whit Mercury is diſſolved, and ſo bath the place infected with the goute, and it will eaſe them preſently.

To make ſyrupe of Pomcitrons.

TAke of Pomcitrons, & cut the in halfes & iuyce them, but beware you wring them not to hard, leaſt it be ſlimie, and then take to every pint of iuyce three quarters of a pound of refined ſugar, & boil it in an earthen pipkin, till it come to the height of a ſyrupe, & take heed in any caſe that you boile it not on too hot a fire, leaſt it burn, and then when it is boyled inough put it vp & keepe it all the yeare.

To

To make Syrupe of Violets.

TAke your Violets, & picke the flowers, & weigh them, & the put them into a quart of water, and steepe them vpon hot embers, vntill such time as the flowers be turned white, and the water as blew as any violet, then take to that quart of infusion, & take 4. pound of clarified sugar, and boyle it till it com to syrupe scumming them and boyling them vppon a gentle fire, least it turne his colour, and being boyled put the Syrup vp, & keepe it.

To make syrupe of Liquorish.

TAke your liquorish 8. ounces, & scrape it very cleane, & bruise it very well, and mayden haire one ounce, Annyseed, & Fennel seed of each halfe an ounce, steep these in foure pintes of raine water halfe a day, & then boyle it to a quart

quart, then take a pound & a halfe of clarified ſugar, & boyle it with that liquor, till it come to a ſyrupe, and then put it vp, and keepe it.

To make ſyrupe of Hore-hound.

TAke of Hore-hound two handfulls, of Colts foot a handfull, of time, peneryall, and Calamint of each two drams, of liquoriſh one ounce and a halfe, of figs and rayſons of the ſunne of each two ounces, Pyony kernels a quarter of an ounce, Aniſeeds, and Fennell ſeeds of each a quarter of an ounce, boil theſe in a gallon of faire water till it come to a pottle or three pints, and then ſtraine it, and take three pound of ſugar, and three egs, and clarifie that liquor, and ſo boyle it to a ſyrupe, and ſo keepe it all the yeare.

To make Syrupe of Mayden-haire.

TAke of Mayden haire 6 ounces, of Liquoriſh one ounce ſcraped and ſliced, ſteepe theſe foure and twenty howres in foure pintes of conduit water, and then boil them to a quart, and then take 2. pound of clarified Sugar, & boile it with that liquor vpon a gentle fire vpon charcoales, vntill it come to a Syrupe, ſcumming it very often, that it may be the clearer, for the clearer it is, the better it is, and being boyled inough, put it vp.

To make Syrupe of Hyſope.

TAke of Hyſope a handfull, of Figs, Rayſins, Dates, of ech an ounce, of Calamint half a hanful, of French barly one ounce, boyle theſe in three pints of water to a quart, and then ſtraine it, and then clari-

clarifie it with the whites of 2 egs, and two pound of ſugar, and ſo boyle them to a Syrupe, and being boiled enough, keepe them all the yeare.

To keepe Cherries all the yeare, to haue them at Chriſtmas.

TAke of your faireſt cheries you can get, but be ſure that they be not bruiſed, and take them, & rubb them with a linnen cloth, and put them into a barrell of hay, and lay thē in ranks, firſt laying hay in the bottom, and then Cheries, & then hay againe, and then ſtop them vp cloſe that no ayre may come neare them, and lay them vnder a fether-bed where one lyeth continually, for the warmer they are the better, yet neere no fire, and thus doing, you may haue cheries at any time of the yeare.

To make Syrupe of Mulberies.

TAke your Mulberies which are very ripe, presse out the iuyce from them through a linnen cloth between two sticks, and then to every pint of iuyce, take a poũd of sugar, and hoyle it to the height of a Syrupe, and then keepe it all the yeare long, and if it wax any thing thinner, a moneth after you put it vp, boyle it againe, and then put it vp.

To make Syrupe of Lymonds.

TAke your Lymonds, & cut thẽ in halfes, and betwixt your fingers iuyce them, and the liquor that runnes from them will be very clear, then take to a pint of iuice a pound and a quarter of hard sugar, which is very white, & boyle it to a Syrupe, and it will keepe excellent well.

To make Syrupe of Roſes ſollitiue.

TAke of Damaske Roſes, & pull them, then take a gallon of water, & when the water is hot, put a good many damaske roſe leaues, and take them out when they look white, and do ſo ten times, & then the water will look red, and then to every ptin of that liquor, put a white of an egge, and a pound of ſugar, and clarifie it, and boyle it to a Syrupe, and keep it all the yeare, the thicker the Syrupe is the better it will keepe.

To make Syrupe of drie Roſes.

TAke of red roſes dried four ounces, & infuſe them in a quart of fair water vpon hot embers til the roſes haue loſt their color, th̄e take a pound and a halfe of Sugar, and clarifie your Liquor and Sugar

with two egs, and then boyle it to the height of a syrupe : but take heed in any case that you set not your syrupe vpon too hote a fire, for then it will lose his colour, and be worth nothing.

A medicine to giue a woman in Trauell, to make her haue throwes.

TAke Coral, amber, date ſtones Pearle, Pyony ſeeds, Saffron, Commine, beate all theſe in powder and put it into Malmeſey, and take Vnicorns horne, and put it into a ſpoone with a little Malmſey, and giue it to her, and preſently let her drinke a draught of the Malmeſey, with the powders aforeſaid, warming of it a little.

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A medicine for the falling downe of matrisse to the bearing place.

TAke Chicke-weed, and seeth it in an earthen pot, then lay of it vpon a peece of scarlet, as hote as the party may suffer it, let her take it to the privy place, & as one plaster cooleth, so lay another, and vse it.

Another for to be taken to the navel and to the backe, right against the Navill for the same.

TAke a red Onion, and roast it very ten[illegible]e of Allysander seedes, and bruise them in a wooden dish, and mingle the onio and the bruised seedes together, & lay it vpon a peece of linnen cloth, so lay it to the Navil a litle warm, rowle that on, & let it lie on 24. howres, then change it and take a new

DEFECTIVE C

new one till it be whole.

It is good for the Midwife to hold muske below, tyed in a little Lawne, to draw down the child.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to ſtay other flowers.

A medicine for a woman after burden, if need be to bring it down.

TAke Sothern-wood, & waſh it cleane, and ſtamp it & ſtrain it in ſtrong ale, and giue it her to drinke warme.

To ſtay [illegible]

FRie Hemlocke in freſh ſwines greaſe, lay it as hote as ſhe may ſuffer it, to the ſecret place.

For

For a Tetter.

TAke oates and seeth thē in water, & where the Teter is, hold over the reeke thereof as hote as may be, laying a cloth over it to keepe in the reeke, so that the cloth doe not touch the Tetter, vse this fiue times morning and evening.

To make a sear-cloth for an ach that is newly come.

TAke Boares grease, Camphire, and waxe, and boyle them altogether and so make a Seare-cloth thereof, and lay it to the griefe.

For a Felon or an Andcome.

TAke hearb-grace, rusty bacon, sower leaven, and Snailes that be with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the griefe.

For

DEFECTIVE

For to heale any, if any be ſcalded with hote liquor.

TAke Alchoſe & Avens, ſheeps ſuet, & ſheeps dung, & Gooſe dung, and when you haue waſhed the hearbs, break them altogether a little, and ſo frie them together & then ſtraine it, & make playſters thereof, & lay it to the grief, warm it a little when you lay it too, laying new plaiſters to it twice a day, you may take the iuyce of houſleek and ſallet oyle, & water, and beat them together, & waſh the grieſe before you vſe this plaiſter.

A medicine for the [redacted]

TAke a quart of new milke of a red cow, x. ſpoonfuls of redroſe water, a pomgarnet pill beatē, & a little cynamon beaten, & ſeeth it halfe away, & ſweetē it with ſugar and drink a draught morning and evening, & two whits of egs beatē

A

A medicine for them that are given to bleeding.

MAke a posset and take of the curd, aud take Liverwort, and beat it, and put the iuyce thereof into the posset drink, and drinke it morning and evening warme.

For the heat in the Kidneis.

TAke howsleeke and plantine, & not wash them, but wipe them with a cloth, and beat them, and straine them, & put to the iuyce thereof, red rose water, and wine Vinegar, & womans milke, & take the herbs & put them into clothes and tie the clothes with thread like a couple of balles, and you must (when you do vse it) haue one to do it for you in the morning when you are in your bead, & the partie must take the balls, and dip them in

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in this liquor, and ſo bath your kidneis, & as ſoon as one of the bals is hote with doing of them, take the other, and ſo vſe it an howre every morning.

A medicine for the ſtone.

TAke Pellitory of the wal, Smaladge, Holihocks, Mallowes, Tanzie, & Saxifrage, of ech a hádfull, chop them ſmall, & quilt them in a little linnen bag, then take 3. pints of cream, half a pint of malmſey, a quarter of a pint of running water, and ſet them on the fire and when it doth ſeeth, then put in the bag of hearbs into the pot, & when the bag is throughly hote, wring it between two trenchers over the pot to ſaue the liquor, then lay the bag to the griefe, as hote as you may ſuffer it, and as ſoone as it cooleth, make it hote againe in the ſame liquor, and ſo applie it to the griefe.

For the wormes.

TAke a handfull of Basil mints, a handful of Lavender Cotten, as much of wormewood, Peach leaus as much, Fetherfue a hãdful, of vnset leekes a handfull, & boyle them together in three spoonfulls of wine vinegar, and of his owne water as much, & quilt them in a bag, & so lay it warm between his Navill, and his stomacke.

To heal a sore breast that comes with the infection of the milke.

TAke mallowes and saffron, and seeth them in milke, & when it hath sodden a good while, put in some crummes of leaven breade, and boyle them well together, and a little before you take it vp, put some Sallet oyle into it, you must let it boyle till it comes to a Poultis, and so lay it warme

to

to your breaſt, and if you perceiue that this will not helpe you breaſt without it be broke, you muſt roſt a Lillie root, and lay it to your breaſt, where you will haue it breake, & when it is broken, you muſt tent it with leaven and mike ſodden thicke together, and make a plaſter thereof, and lay it to the place where it is broken, you muſt dreſſe it twiſe a day, laying the Poultis all about your breaſt, ſaving the place that the plaſter lyes on, you muſt dreſſe it both with new poultis & a new plaſter twice every day, vntil it begineth to heal and then once a day is ſufficient.

To ſtanch bleeding at the noſe.

TAke Bolarminacke, & the white of an egge, and vinegar, & beate them together, and make plaiſters thereof, and lay them to your temples.

To

To ſtanch bl[eeding] of a wound.

TAke of vnſet Hyſop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capons head, and ſtrew the ſame powder on the hyſope, and lay it to the wound.

Another for to ſtanch the bleeding of a wound.

TAke hogs dung hote from the Hogge, with ſugar, and lay it to the wound.

For the weakeneſſe in the backe.

TAke Clarie & dates, & the pith of an oxe, & chop thē together, & then put them to your creame and egges, and grated bread, and frie them together, & ſtrew ſugar on it, and eate it in the morning faſting,

ing and you must put some white Saunders in it also when you temper it together.

For the wormes.

TAke Mares milke, and drinke it as hote as you can haue it from the mare, in the morning fasting.

To know whether a Child hath the wormes or no.

TAke a peece of white leather, & pecke it full of holes with your knife, & rub it with wormewood, and spread hony on it, & straw the powder of Alesackatrina, and lay it on the Childs navill when he goeth to bed, and if he haue the wormes, the plaster will sticke fast. and if he hath them not, it will fall off.

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For one that is bruised with a fall

TAke stone pitch, and beat it, & drinke it with white wine, or Sacke, or Malmesey, and if you haue none, then take some other liquor, then melt Parmacittie, and annoint the place where the bruise is.

For the wind Collicke.

TAke Parsley seed, & bruise thē and seeth them in Sacke, and drinke it warme, when you haue your paine.

For the Gowt that is newly come.

TAke Rubarb and grate it, and mingle it with conserue of red Roses, and eate thereof every morning fasting a prety quantity.

A

A water to waſh a ſore.

TAke of Plantane, & woodbind leaues, & white roſes, and ſtill them together, and when the water is ſtilled, put a quantity of Cāphire into it, and ſo let it lie in the water continually.

For the ſhrinking of the ſinews.

TAke the Marrow of a horſe-bone, & the crops of Elders, & as much of Sage, and choppe them together, and boyle them in the marrow, and then ſtraine out the hearbs, and put to the liquor, one ſpoonefull of hony, two ſpoonfuls of Aqua compoſita, and a quantity of Pepper and boile it againe, and keepe it for your vſe.

For the Pyles.

TAke a quantity of Ragwort, & a quantity of ground Ivie, and

the marrow of the hinder leg of a Bullocke, & beate the marrow & the herbs together, & boyle them on a soft fire, and strain them, and keepe it for your vse.

A salue to take dead flesh out of a sore.

TAke a spoonfull of Vineger, & a spoonefull of hony, and a quantity of Verdigrease, and as much Allom, and boyle all these together, and keepe it for your vse.

For the staying of the Fluxe.

TAke a new laid egge, & take of a little of the toppe of it, and poure out a little of the white, and fill vp the egge with aqua composita, and stirre it together, and roste it, and suppe vppe the egge in the morning fasting, till you bee well vse this.

Ano-

Another for the ſame.

MAke Riſe pottage with Almõd milke, you muſt not blaunch the Almonds, and make little bals of Virgins waxe, make them leſſe then Peaſe, and when you doe eate of the pottage, take three or foure of the bals, and put them in every ſpoonefull, as you doe eate it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua compoſita, and take two handfuls of Henbane and breake it, and put it into it, and ſet the pot in the earth all the month of May, and it wil com to an oyle, and at the end of May you muſt take it vp, and keepe it for your vſe, you muſt cover the pot very cloſe when you ſet it in the ground, and when you anoint the griefe therewith, you muſt doe it againſt the fire.

For the Pyles.

TAke Martilmasse beefe, & drie it, and beat it to powder, and thē put it into a chasindish of coals and set it in a chaire, and sit over it.

For an Ague.

IF it be for a child, take 2. spoonfuls of good ale, and seeth it, and scum it, & one spoonefull of the syrupe of roses, and let him drinke it luke-warme: if for an old body, thē take three spoonefuls of good ale, and two spoonefuls of the Syrupe of roses.

To make a fresh Cheese.

TAke a quantiy of new milke, & set it on the fire, and let it boyl, and take halfe a dozen yolks of eggs and beat them, and stirre them in the milke on the fire, thē take it off the fire, and keepe it stirred vntill it bee

be luke warme, & then put runnet into it; and ſtirre it, and let it ſtand vntill it be gathered together, and take vp the curd, and put into it Cinamon and Ginger, and ſtirre it about, and make diſhes of it, as you thinke good.

A medicine for a peſtilent Ague, or to driue any thing from the heart.

MAke a poſſet with white wine, & take away the curd, & take horſe dung of a ſtone horſe, as hot as you can get it from the horſe, & ſtraine it with the poſſet drink, & put a little Methridate, and Cardus Benedictus water, and Vnicornes Horne, and if you haue no Vnicorns horne, then put Ivorie or Sea-horſe tooth, & giue it to the ſicke to drinke faſting in the morning, warming it, and you muſt put the Vnicornes horne into the Spoone, and take it with ſome of the Poſſet Drinke,

and so drinke the posset presently after it, and vse this two or three mornings.

A medicine for the soreneſse in the throat that commeth with the Rhume.

TAke halfe a pint of hony-suckle water, and two Iewes eares of Plantane, & Sinckfield half a hād-full, and a few columbine leaues, these must be sodde with as much white Sugar-candy, as will bring the liquor to a syrupe, you must put in a little Howell, Cynamon and so take it in the morning, and in the evening, and at such times as your throat is drie.

Another for the falling of the Ewalow, or other paine in the throat.

TAke a handfull of red Sage, a spoonful of Dil seed, a peece of leaven

leaven, boyle theſe in a litle new milke vntill it be thicke, then lay it on foure fine clothes, & lay one cloth to the nape of the necke, and another to the throat, and to each temple one, and bind the clothes, & doe this as often as need ſhall require, for it hath been proved.

A ſalue for a greene wound.

TAke a pound of Roſin, halfe a pound of wax, foure ounces of old Swines greaſe, one ounce of Verdigreaſe, boyle them all together vpon a ſoft fire, & ſtrain them.

A water to heale all ſores in legs and Vlcers.

TAke a pound of roch Allom, 4. ounces of greene Coperas, beat them ſomewhat ſmall, & put them in a pan on the fire ever ſtirring the vntill they be molten, and dryed againe

gaine ready to be powdred, & beat them againe in fine powder, and keepe them to your vse. When you will make your water, set a pottle of faire conduit water over the fire, vntill it boyleth fast, then take it away, and as soone as it leaveth boyling, cast abroad your powder vpon the water, the which will make it to boyle, as long as your water riseth, so long cast your water in, and when it leaveth rysing, and is blacke in the bottom, then it is perfect: then if you see a daungerous sore leg, first cast you powder presently thereon, and lay therto three or foure fold of linnen cloth wet in the water, and rowle it vp, doe so till the vlcer be cleane.

A very good water for a sore mouth.

TAke of cõduit water a pint, one hãdful of Hysope, of whit wine & of Almonds a pound, of Roses three ounces, seeth thẽ altogether till

till the hearbs be tender, then take it from the fire, and straine it, and keepe it for your vse: you must alwaies wash your mouth and rubbe it after meate, and in the morning.

A castile to breake any swelling that is ready to breake.

TAke Commine, Hysope, and of quicke lime a quantity, bray them together in a morter, til it be very fine: when you would opē an impostume, lay it as big as an hasell nut vpon the next place, and bind it very hard, and let it remain there foure howres, then take it off for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaister.

TAke of Litrage of gold powdred very fine, commō oil, hogs greas a pound

a pound, white Coperas four ounces, and put them all together in a brasen pan, and seeth it over a very soft fier of coales, & trie it continually vntill it come to a body, & in the boyling you must cast into it one ounce of good Rose-water or two, and now & then a spoonfull, and when it is come to a good body, take it off the fire, and stir it till it be cold, & ready to be made vp in a rowle, & then make it vp.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound, seeth them hoth together a quarter of an howre and thē take it off, & straines, if it be too thinne, put in a little waxe.

Basilicon.

TAke pitch, rosin, waxe, sheeps suet, common oyle, a like quantity

titie, beat theſe ſmall and put them in a braſen pan, & melt them all together, thē take them off the fire and ſtraine them through a courſe linnen cloth, for the pitch will not be molten, this is good for al manner of ſores, and when you wil put in a tent, mixe it with the yolke of an egge.

Maturatum poltnis.

TAke onyons, garlicke, dow, lillie rootes a like quantity, roſt thē all in a wet cloth vnder aſhes, & then put them in a morter, and beat them ſmall, this is good for al impoſtumes to breake them out.

A medicine to heale old ſores.

TAke Plantan, bramble tops, Orpin, Betony, Egrimony, of each one handfull, ſtraine them, & put thereto Roſin, and waxe, of each a quarter of a poūd, freſh hogs greac & ſheep ſuet, of each foure ounces, boyle

boyle them al togeather, til the iuice be confirmed then ſtrain it & keep it to raiſe fleſh, and heale old ſores.

A plaiſter to heale old ſores, after they be made cleane, and filled with fleſh.

TAke ſallet oyle halfe a pint, lead a quarter of pound, boyl theſe vntill they be blacke, & keep them for your vſe.

To cleanſe a ſore, and take away the dead fleſh.

TAke woodbine flowers, white Roſes: Plantane, & ſtil them togeather, and when it is ſtilled, take ſixe peny worth of Camphire, and put it into a quart of the water and ſet it in the ſunne for ten or twelue dayes, and ſo waſh the ſore withal.

A

A medicine for a ſore throat.

TAke a pint of milke, half a hād-full of Collumbine leaues, halfe a handfull of Gaſell, and halfe a ſcore leaues of Sinkfield, 2. Iewes eares, and ſo the partie muſt vſe it evening and morning, & gargaſe it in his throat.

A medicine that will heale any woūd or ſore, and keepeth it without proud fleſh or dead fleſh.

TAke halfe a pound of waxe, a quarter of a pound of Sheepes ſuet, a quarter of a pound of Roſin, and a quarter of a pound of Turpentine, halfe a pint of ſallet oyle, 2 handfull of Bugle which groweth in the wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Velerin, a handfull of Grounſell, and a handfull of Balme, ſtampe and ſtraine the hearbs

hearbs, and put the iuyce into the foresayd things, being a while boiled, then seeth thē together a quarter of an houre, then take it frō the fire, and let it stand till it bee cold, then take away the Smallage from the bottom, then take som of your Balme water, & put into it so much as will make it green & let it boyle together a half quarter of an houre, and so take it to your vse.

A Glister.

TAke Camomile, Betonie, Dill, Pellitorie of the wall, Hysope, Rue, of each a handfull, boyl these in the broth of a sheepes head, till the broth bee very slippery, then take a pint of the broth strained, and put two of the pilles of Diabes for each a crowne waight, and a halfe Diacatholice, Diaphenicon, of each half an ounce, oyle of Camomile, oyle of Dill, of each an ounce, a little salt, and a Glister:

ſter: if you will haue it break wind, put into the aforeſaid Commine ſeede, Fennel ſeed, Anniſeeds, of each bruiſed, two good handfulls, and boyle all together, and ſtraine it, and make it as aforeſaid, and put in the Gliſter.

To take away the heat of a burne, or out of a Scald.

TAke egs and roaſt them hard as a ſtone, then take out the yolks of them, then take a frying pan & put in the yolkes of the hard egges, & ſo let it fry til it come to an oile, then ſtraine it, & annoint the burn withall, then take a bladder, and annoint it with ſallet oyle, & lay it to the burne.

To make another Gliſter.

TAke running water & a handful of Carmon, a handfull of Mallowes, a handfull of wormwood, a

handfull of Mercury, an ounce of Commine, two ounces of Fennell seedes, two ounces of Anniseedes, and beat all your seeds, & set your hearbs a boiling, and straine them.

A medicine for one that is broken.

TAke a quantity of Comfrie, a quantity of Knehome, a quantity of knotted grasse, a quantity of Ribervorum, & a quantity of Polipody, & stamp them al together, & straine them in ale, & then giue the Patient the same to drinke colde, and trusse him vp with some bolster, and let his diet be but competent eschewing all slippery meats, as butter, and such like, provided alwaies, that the patient keepe his bed sixe or seven daies, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling

TAke the crum of manchet, and ſeeth it in milke til it be thicke, then put in a peece of new butter, about the quantity of a walnut, or ſomewhat more.

For the Rheume.

TAke a litle quantity of Maſtick, & as much of Pellitory of ſpain cut in ſmall peeces, ſew them in a little bag of linnen cloth, keep the bag in your mouth till the Pellitory and the maſticke be conſumed, and ſpit in the meane time as much as you can.

For the tooth-ach and the rhume.

TAke a qnantity of gum of Ivie, put it in a little bag of linnē, thē wet your bag in aqua vitæ or vineger, & keep it in your mouth til the gum of Ivie be conſumed, hold the

bag over or vpō the holow tooth.

A water for the eyes.

TAke a pint of white wine, then heat a stone called Lapis Calaminaris red hot nine or ten times in the fire, & quench it every time in the wine, the last time you quench your stone stir it about in the wine, then keep your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and evening.

For the eyes.

TAke Rosemary, Housleeke, red Fennel, and rost an egge, and take out the yolke, beat these herbs together, and straine them.

For paine in the head.

TAke of the best salet oile you cā get, & the flowers of wild prim roses

roſes & put them into the oyle, & then ſet it on the fire, & let it boyl half an howre very ſoftly, then put it in a glaſſe & ſet it in the Sunne 3 weekes, & then rub your temples evening and Morning. E. C.

A Gargas for to purge the head.

TAke a pint and a halfe pinte of wine vinegar, Muſtard ſeedes, Ginger, Cloues, nutmegs, pellitory roots, about the quantity of one ounce, when they are beaten, put it into the liquor, and ſtirre them together for the ſpace of a weeke, then gargas it every morning before you vſe the oyle to your head.

For a pinne and webbe.

TAke the oyle compacted of the bone of the gooſe wing, & rub it in the palm of your hād, that no ſhivers of the bone do ſtick in it, &

put it in with the point of a pin, for the bigneſſe of a pinnes head is inough at once.

For a ſwelling.

TAke barows greaſe, & Sothernwood, and aqua vitæ, and boyle it together, & when you haue boiled it, ſtraine it in a panne.

For a bone-ach.

TAke two or three handfuls of Camamill, a quarter of a pound of ſheepes ſuet chopt ſmall, and a peece of ſtony pitch of the quantity of a walnut, and a peece of levened bread in it crummed very ſmal, boyl it in your owne water, vntil it be very thick, that you may ſpread it vpon a cloth, like a plaiſter, and lay it on the place where the ach is for 24. howres, & ſo dreſſe it three times, if you doe, it will take away the ach.

A medicine to heale an old ſore, or a new.

TAke a quarter of a pound of roſin, & melt it in a pan, til it haue left cracking, & then take halfe as much waxe, and a little turpentine and ſheeps ſuet chopped ſmal and a ſpoonfull of oile oliue, and boyle them all together, and when you haue done ſo, ſtrain thē in a pale of water, and make it vp even as you wil occupie it & draw your plaſters thin, & dreſſe it three times a day, that is to ſay, at morning, noon, & evening til it be almoſt whole, thē dreſſe it but twice a day, morning and evening, but if there bee any coare that doth hinder the healing of it, take a little Mercury, & put it in two ſpoonfuls of water, and when the mercury is melted in the water, & congealed together, take a feather & drop in two or three drops, and lay a plaiſter vppon the wound, and it will bring forth the coare.

For an Andicome.

TAke halfe a dozen knots of a yong Oke, and put them in a fire pan, & burn them to a red cole, & take Boares greaſe, & fine ſuet & two or three corns of ſalt & ſtamp them very fine, & ſo make a plaiſter of it, and if it do draw & heale too faſt, lay lint vnderneath the ſalue, and you muſt dreſſe it twice in the winter dayes, and thrice in the Summer dayes.

The Copy of Doctor Stephens water.

TAke a gallon of the beſt Gaſcoine wine, then take Ginger, Gallingall, Cinnamon, Nutmegs, Grains, Cloues, Aniſeeds, Fennelſeeds, Caraway ſeeds, of every of them a dramme weight, then take wilde Time, Hyſope, Lavender, Sage, Mintes, Redde Roſes, Garden Time, Pellitorie of the wall,

wall, & roſemary, of every of thē one good handfull, and bray the hearbs very ſmall, and ſtampe the ſpices al together very ſmall, put all together into the wine, and cloſe it faſt twelue howres and ſtirre it divers times, then ſtill it in a limbecke, and keepe the fitſt water for it is the beſt, and then keepe the ſecond for it is good, but not ſo good as the firſt. E. C.

A dram weight of the ſeede of Columbyn, bruſed with halfe a peny weight of ſaffron, drunkē with wine, is good for the Ianders, thē go to bed, and provoke ſweat: the flowers diſtilled, is good for the ſame purpoſe, & againſt ſwōdings.

Pymperuell.

THis herb is good againſt the peſtilence to be taken faſting in a morning, & good againſt the ſtone the roots ſodden condited in ſugar may

may profite them that haue colde ſtomacks, & are troubled with too much fleame, the collicke & ſtone, this roote any way taken, is good againſt poyſon.

Mouſeare is hote and drie, ſome vſe to giue the iuyce of this cõmon mouſeare to hinder the colde of a quartã ague, ſom vſe to gather the roots in May, & drie it, and giue it to them that be broken, it is good for the bloody flix, the great ſcouring of the Mother, for wormes both outward and inward, common flixes, for vometing of choller, and ſpitting of bloud and bruſing, and ſpecially for breaking of the brain-pan.

The iuyce of Coſtmary drunkẽ, killeth both ſmall and great worms in the belly, it is good for a colde Mother, it ſtrẽgthneth the ſtomack whether it be drunken or laid to, & ſtayeth vomiting, the hearb of his narure

nature, whether it be ſtrawed, or elſe perfume be made thereof, driveth away ſerpents, and it is good againſt their poyſons, and it helpeth and ſtrengthneth the head.

To take out the heat of a burn.

TAke the fat of hogs guts, and ſheepes tridles, and boile them, and put them in a pot, and this wil heale the partie, and take out the fire, and it will keep good a whole yeate, this hath been proved.

To take the heat out of the face.

TAke running water, & elder flowers, Plantaine, white daſie roots, and hearb Robert, put them in the running water & waſh your face morning and evening therewith.

A medicine for a Canker in ones mouth, proued.

TAke running water, a handfull of woodbind leaues, a handfull of bramble leaues, a handfull of Collumbind leaues, a little Rosemary, & boyle them together vntill halfe the water be wasted, then put two or three spoonfuls of hony, & a peece of roch allom, three or foure spoonfuls of wine vineger, & wash your mouth with the sodden herbs therof, three or four times every day.

The Dyet drinke.

FIrst buy a dyet-pot of the cõmõ sort, such a one as will cost eight pence, or ten pence, then put into it halfe a pound of liquorish scraped and bruised, half a pound of Aniseeds bruised, three quarters of a pound of lignum vitæ bought at the

the Turners, & one ounce of the barke of the ſame wood, which is to be bought at the Apothecaries, halfe a pound of Rayſons of the ſun, the ſtones taken out, a good haundfull of Scabeas, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine, then fil vp your pot with faire water, ſaving a pint, then cover your pot with his cover, & cloſe it round about the brimme with paſt, then ſet it on a ſoft fire of coales, and let it boyl 3 howres, vntill the fourth part bee waſted, then ſtraine it, and let it ſettle, and then put the cleareſt into bottles, and drink it morning & evening a good draught, and ſo vſe fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there frie out of it like oyle, then you ſhall be ſure it is good.

For

For the head-ach.

TAke two handfuls of veruen, Betony, Camomil roots, Lercie, Cheemete, of each ſort two handfuls, dride roſes put them to powder of nutmegs, boile this in white wine, take out the hearbs then & frie them in oyle oliue, and ſtraine them in a cloth, and make an oyntment thereof, & therwith annoint the head.

To make the rhume medicine.

TAke fiue quarts of Hyſop water it muſt be ſtilled when the hyſop beareth flowers, & one pound of Engliſh Liquoriſh, cleane ſcraped, and cutte in little peeces, bruiſe them, and then put it to the water, and boile them til halfe bee conſumed away, then ſtraine it in ſhallow pans, and ſet it in the ſun, & ſtir it now and then, & ſom times ſet it over the fier, vntill you

ſee

ſee it waxe blacke, but do not boile it, and it will waxe ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A ſalue for a cut.

TAke ſixe ounces of Deere ſuet, foure ounces of wax, foure ounces of Roſin, and ſtamp and ſtraine Valerian, & take the iuyce as much as you thinke will make the ſalue looke greene, & boyle them together till it come to a ſalue.

A medüine for the ſtopping of the liver, very good for thē that haue the Fanders.

TAke parſley roots, fenell roots, aſperigon rootes, Kneehā roots, Succory roots, of each the weight of halfe a crown in ſilver, of docke roots the weight of 12. pēce, a litle liquoriſh, half a handful of Rayſons of the ſun ſtoned, boil this in three pints

pints of water vnto a quart, and make almond milk with the liquor and take two parts of sweete Almonds, & one part of bitter, sweeten it with sugar, or else with syrup of Succory, and drinke a draught three mornings together, fasting 3 howres after it: vse this every moneth, you may put in barly husked, Saxifrage, Maiden haire, and Liverwort.

For the wormes.

THe powder of Coralina to the weight of three pence in silver, given in the water of Couchgrasse.

A medicine for a quartan, or a tertian Ague.

TAke the herbs and roots called Harts horn, Plantan and Orpine, and beate them with a little white wine & a little bay salt, and so lay it on a cloth vpō your wrest, but

but be ſure it lie on the places on both arms, changing it every twenty foure howres, but be ſure that you lay it two howres before the fit commeth, and hang nine rootes of the Harts-horne about your necke in a ſilke bag, ſo that it may lie vpon the hollow of your ſtomacke, and let it hang till your Ague be gone: you muſt not waſh neyther hearbs nor rootes and you may take the rootes when you cānot get the herbs, & vſe thē ſo.

For the Cāker in the mouth, or rawnes, or in the lower part of the woe.

TAke red fennel, red ſage, hyſope hearb grace, roſemary, honyſuckell leaues, Fetherfew, & dayſie leaus, of every one a like quātity, in al two handfuls, boil theſe in a quart of running water to a pint, & ſtrain it, and let it ſtand vntill it be cleare, and put therin a ſpoonful of engliſh hony, & as much roch alom beaten as the bignes of a bean,

and boil it together, you must take off the skumme: as it doth arise when it is boiled, put it into a glass and keepe it for your vse, you must warme it when you take it.

A good medicine for an Andicome or a botch, or a sore breast, or Carhunkle, to ripe, or breake them.

TAke a quantity of Herb-grace, a quãtity of levened bread, wel crummed, half a spoonfull of sallet oyle, or capons grease, and boyle these in good ale grounds, & keep it with stirring vntill it be thicke, and when you doe vse it, lay it vpõ a cloth warme to the griefe: this medicine will dissolue a breast without breaking of it, without it need breaking; you must change it every day once.

A

A good ſalue to to heale it when it is broken.

TAke a quãtity of Baroes greac, a quantity of roſin, of ech a like quantity, you muſt ſcrape the wax and beat the Roſin, & boyle them together till they be melted, then take Lapis calaminaris and Roch allom as much as a beane of each, and beat them together, then take a ſpoonefull of Engliſh hony, and put them together, and boile them againe: and when it is well boyled poure it into cold water, and make it vp in rowles, & keepe it for your vſe.

A medicine for a bruiſe.

TAke a quantity of ſtone pitch, & as much gray ſope, and beat the pitch finely to pouder, and boyle thẽ together with ſtirring, vntil it be boyled, thẽ take it off the fire, &

let it coole, and then spread it vpon a cloath, and lay it to the griefe, it must not be through cold, for then it will not spread, and if one doe not heale it, then lay on another cloth spread with the same.

An oyntment for an ague sore, or other sores, and for swellings.

TAke a Bryome root, & cut off the outside thin, some do call it wild vine, slice it, and lay it al night in a pint of sallet oyle, & then boyl it, and strain it, keepe it for your vse, for this is good to annoint any ague sore, or any other swelling.

Then take halfe a pint of sallet oyle, and as much red lead as you can buy for two pence, and boyle them together, & keepe it stirring vntill it looke blacke, & then take as many clothes as you thinke will drinke vp the oyle and the lead, and then coole it, and keepe it for your vse.

This

This oyle and lead is good for ague ſores, and other ſores. Remember to annoint the ſores with the oyntment aforeſaid firſt, and then lay on the ſearecloth, doing this twice a day, vntill the ſore bee whole. And for ſwelling you muſt vſe the Bryome rootes, and the oyle onely, without the oyle and the lead.

An approved good medicine for the tooth-ach.

TAke roſe water, either red or damaske, take yellow waxe a quantity, and freſh butter, of eyther an equall quantity & mingle them together in a diſh vppon the coles, and then take a linnen cloth and dip it therein, and lay it vnto that ſide of your iaw where you are gricued, as hot as you can ſuffer it, the hotter, the better.

A medicine for the bloody flixe.

TAke two toſts of cheat bread, & toſt thē, & two egs & roſt them

hard, and take the yolkes of them and the liver of a Chicke, & beat al this together ſmall, then put al this into a pint of charne-milke, then take half an ounce of Cynamon, & beat it ſmall and put it in the medicine, and then take of it evening and morning faſting for ſo it moſt avayleth you, but if your ſtomacke be weake, then put in ſome ſugar to ſweeten it.

For the pin and web in the eye.

TAke the iuyce of Parſley, & half as much hony, and with a fether droppe it in the eye, & after it you muſt put in ſome pouder of white Sugar Candy: you muſt dreſſe it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory a prety quanty of it, and mingle it with ſom Bores greace

greace, and ſpread it upon a cloth, and warme it againſt the fire, and lay it to the place.

A medicine for a greene wound.

TAke a quantity of Venice Turpẽtine, & waſh it in faire water vntill it be white, thẽ take a plaſter therof, & lay it to the wound vntil it be drawne, then take the yolke of a new laild egge, and ad therevnto a ſmall quantity of fine wheat flower, and a little freſh butter, & mingle them together, and lay a plaſter thereof vnto the wound after it be drawn, with the Turpentine.

Another medicine to be takẽ inwardly for a greene wound, to be taken in ale or beere, it is likewiſe good for the ſhutting of a bone broken or cut, eyther for man or beaſt.

TAke juyce of an herb called Bon wort, to the quantity of 3. or 4.

spoonfulls or more, according to the stomacke of the partie that is hurt, take the same quantity, and drinke it either in the milke, or as before it is written, three or foure several mornings fasting, or oftner as you will, and it will free the party when the hearbe is not to be gotten, then you may vse the roote and it will availe as much.

If the wound be but little, either this drinke or the medicine before written will helpe it, but if it be great, you must vse both together.

For to heale wounds and sores.

TAke rosin and frankinsence, of each foure ounces, of white wax & olibinum, of each three ounces, of Harts suet, of Mastick, of each an ounce, Venice turpentine halfe an ounce, white wine a pint, melt the Rosin, the Frankinsence, and the Harts suet together, the strain it in a pan,

a pan, and put thereto all the white wax, the Olibinum, & the maſtick made into powder, and the white wine, boyl al together til the wine be conſumed, then take it from the fire, and ſtir it til it be almoſt cold, then put in the turpentine & make it in a rowle, and keepe it in parchment or leather.

Another.

Take Callamint, Pennyryall, of ech a like quantity, Nigella romana ſeed a little bruiſed, a French crownes weight, boyl all theſe in poſſet drinke made of white wine, and ale, a good draught evening and morning you muſt drinke.

A medecine for the head burning that long time hath beene.

TAke a quãtity of the gaule of a hare, & as much of hony, mingle it together a good while til it turn red, and with it annoint the forehead

head, & all the aking shal be taken away: this is a precious oyntment.

For to set in a bone, or heale a broken bone, in man or beast.

TAke the iuice of Comfrey roots and wilde daysie roots, & boyl them with turpentine, and yellow waxe, and make a flat plaister therof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it stiffe, once in fiue daies till it be whole, & you must drink the iuyce of the rootes nine dayes in some liquor, either to man or beast when you vse the plaster.

For the Pyles.

TAke new milke and thicken it with otemeale, finely sifted through a fiue, and let it seeth till you make it vppe like supposi-taries, and then take it vp, and cut off the outside of a race of ginger, and

and grate it and mingle it together & ſome of it make into a plaſter, & the reſt make like ſuppoſitaries, & put thē vp as you do ſuppoſitaries, and then lay a plaſter on the place, and vſe this vntill you be whole.

A medicine for a rupture in old or young.

TAke Knotwort, Ribwort, and Comfrey, of ech a like quantity, waſh them and drie them. and ſet them in the oven when the bread is drawn, ſo that they may drie, thē beat them to powder, then ſearce them finely through a ſearce or ſiue, and looke what quantity you take of the herbes when they bee dried, take halfe ſo much Anniſeed and beat them with the powder of the hearbs and ſearce them; and thus having made the powder ready, when you will vſe it, take as much of the powder as you can lay or take vpō a good broad 6. pence, and 14. mornings together giue it

to

to the partie to drinke with a little malmesey fasting, and annoint the place first with oyle of spike mingled with any other thing, and also take such hearbs as you make your powder of, and seeth them in fayre running water till they be tender, wringing the water out of them, & apply them to the place as hotte as the party can suffer it, and let not the trusse be to straight, lest it force the place to rent further: take the hearbes to make the powder within May when the chiefe strength is in them, the Knotwort beareth a little watchet flower: This hath been proved on childrē so borne, & on old folks that haue been foure & twenty yeares broken, and doth helpe all sorts, that with good vsage, do not abuse themselues, through the grace of God.

A medicine to be vſed during all the time of the plague, good againſt Infection.

TAke a pint of white wine vineger, and halfa pint of Iene Treecell, and a quantity of Bole Armoniack, otherwiſe called Bolles verus, and ſtir all this together, and take three ſpoonfuls in the morning, faſting, and faſt an howre after it, and take three ſpoonfuls an howre after ſupper.

Another medicine for paine in the head.

SEeth leaues of Agrimony with hony, and giue them to drink, & draw it through a cloth and keepe it in a boxe, & therewith annoynt your head, and waſh your head in the water that Celondine is ſodden in.

For

For aking of the head.

SEeth pulioll in Ayſill, and then put it in thy noſe.

Take Rue and Fennel, & ſeeth them together in water, & waſh therewith the head.

For a Fellon of the head that ſurelleth the head of a man, & that before written is for the ſame.

TAke the greaſe of an hart, & hony, and barly meale, and otetreſt, and moicell, and ſtamp them together, and after ſhaue thy head, and then make a platter, and lay it to thy head as hotte as you may ſuffer, and let it lie till it be whole.

For all Euilles of the head.

TAke Rew, and ſtampe it with ſtrong Ayſill, mingle it and waſh the head therewith.

For the Carbunkle or the poſthume in the head.

TAke wormewood, Origanum, Mayron, by even Portions, and ſeeth them in ſweet wine, & after that wring out the iuyce, and lay it; to the eares of the ſicke with two ſponges, as hot as you may ſuffer it and vſe this two or three times, & he ſhall be whole.

For the Meygrim, Poſtume, Dropſie, Fever, and all manner of aking in the head.

TAke a penny weight of the root of Pellitory of Spaine, ſixe penny waight of Spicardie, and grind them together, and ſeeth them in good vinegar, and take a ſaucer full of hony, and fiue of muſtard, and when the liquor that is boyled is cold, doe thereto the hony and the muſtard, and ſtirre them well together, & let the ſick vſe thereof halfe

halfe a ſpoonfull at once, & holde it ſtill in his mouth the ſpace of 2. creeds ſaying, and then ſpit it out into a veſſell, & do ſo ten or twelue times, a good while after he hath eaten at noone, & a litle before eue ten ot twelue times, and when he goeth to bed take and waſh cleane his mouth, and drinke a draught & goe to bed, vſe this medicine three dayes, and he ſhall be whole.

For the head-ach.

TAke & ſeeth vervine, and betony, ſiſles, and wormewood, & waſh the parties head with the water thrice in the weeke, & take the herbs, and make a plaiſter, and lay it vpon the vpper part of the head on this wiſe.

TAke the herbs aforeſayd, when they are well ſodden, & wring out the iuyce of them, & the ſtamp them

thē in a morter, and temper them with the water wherrwith they were ſodden, and doe thereto the bran of wheat for to hold the iuice of the hearbs, that it go not out, & make a garland of linnen that may go about the head & bind the plaſter vnder it, as hotte as the ſicke may ſuffer it: do this three times, & he ſhall be whole.

Another.

CLoues comfort the ſtomack, liver and heart, they helpe diſgeſtion, & ſtop the belly, they quicken the eye-ſight, & ſcowre away the clowdes & hawes of the eyes, they are good againſt all cold diſeaſes, & they are hote in the third degree: the oyle of Cloues is very good for a cold ſtomacke, and for any other place that hath neede of warming, as a rumaticke braine.

Another.

TAke of litrage of lead four ounces, of vineger, of cōmō oyle a

like quantity, put the Litrage in a morter, & put a litle of the vineger & a litle of the oyle, and beat them together, and so put in by a litle & a litle all your oyle & vineger; you must beat the two hours together, it must be as thicke as your greene salue.

Another.

TAke Camphory, harts-ease, privit, plantan, of ech of them one handful, bruise these in a morter, & put thereto of Harts suet, of fine sallet oyle, of each demi. a lib, mingle them well together, and let them stand foure and twenty howres, then put them into a pan or brasse pot, and put thereto of waxe and rosin broken in small peeces of each dim. a lib. let these boile all together over a fire of coales, vntill the iuyce of the herbs be consumed, and the oyntment green, then strain it through a canvase cloth into some pot that you will keepe it in, and when it beginneth

neth to be cold, then put thereunto 4. ounces of Venice turpentine, & ſtir altogether, vntil it be throgh cold, and keepe it cloſe covered.

Another.

THe wine of eye-bright is made for the eies, by puting the herbs into the muſt, vntill it bee perfect wine, whoſe vſe make the eyes of old men look yong, for it is hot & drie, and the powder of it beaten with the yolke of an egge it worketh the ſame effect: the pouder received in wine, if the wine bee to ſtrong, put in fenel, water, or ſugar.

A medicine againſt the ſtone in the backe or bladder, or for the weakneſſe of the backe, which is called the running of the raynes.

TAke venice Turpẽtine, & waſh it in roſe water either red or damaske, vntil it look white then divide it into ſmall bals, as you may

easily swallow to the full quantity of three hasell nuts, or thereabout, then rowle them in sugar, to make them the more easie to be taken, thē swallow them in the morning fasting, & fast 4. howrēs after thē: take these three or foure severall mornings together, and in your water you shall find much gravell.

To take away the pocke-holes, or any spot in the face.

TAke white rose water, and wet a fine cloath therein, and set it all night to freeze, and then lay it vppon your face till it be drie, also take three poppies, the reddest you can get, and quarter them, taking out the garbage, then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of fiue or ſixe egs, a handfull of fine ſugar, & as much roſe water, & put them in a pottle of creame of the thickeſt that you can get, beat them altogether, as the ſnow riſeth, take it off with a ſpoone, you muſt beate it with a ſticke cloven in foure, then muſt you take a loafe of bread, and cut away the cruſt, & ſet it vpright in a platter, then ſet a faire roſemary branch in the loafe, & caſt your ſnow vpon it with a ſpoone.

A medicine for the Piles.

TAke the hearbe called Torchwort, it groweth hie, bearing a yellow flower, blowing out of the ſtalke, the leaues look hoare. Take the iuice & boil it with freſh butter a little while, & keep it cloſe, & vſe

it evening and morning: if a cowes vdder be ſtung or bit with a ſnake or ſuch like, take Lavender, and waſh it cleane, & ſeeth it in chamber ley a good while and waſh it evening and morning warme, you may put a little freſh butter in it, & milke out the milk when you do it.

A medicine for a cold, or burne, or a ſore, approved.

TAke water ſucke leaues, otherwiſe called Hogwort leaues, allie-houſe daiſies, rootes and leaues and all, and a little Roſemary, and waſh them and ſtampe them, and boyle them in creame vntill it is butter, then ſtrain them, and apply it warme to the burne, pricke the water-ſucke leaues, & lay them vpon it, dreſſing it twice a day, or three times if it need. To heale a ſore, put Turpentine, Roſin, and waxe in it, dreſſing it with Lint,

For the ſtitch.

TAke ſtich-wort bay leaues, holly without prickles, of each a like quantity, the iuyce, grains beaten, drinke it in ale warme.

For the ſwelling.

TAke the grounds of good Ale, glovers ſhreds, and white bread crummes, and ſage, boyle them, lay it to warme, it will ſwage the ſwelling and the ach, it hath beene proved.

For the tooth-ach.

TAke Organy that groweth cloſe to the ground that taſteth like aqua vitæ, bruſe it, lay it to the tooth Burſa paſtoris will do the like.

For a bite, or Fellon, or sore legge.

SEeth a pint of ale to two spoonfuls like a syrope, pricke a peece of leather with a pin, it will heale it without breaking: if it be broke take lint to the hole with some salue, let it lie foure and twentie howres, lay it to cold.

For the scratches of a horse leg.

TAke vinegar, mustard seed, gunpowder, boyle them, wash it hote three or foure times, proved.

For the Gowt.

TAke mallowes, & sengren, beat them and boile them in water, then straine them, put oatemeale grotes soked in vineger, and sheeps suet vntried, then boile it to a pol-tesse, proved.

For

For the Ague.

TAke a red onion cut ſmall, ſixe and fiftie graines of pepper beaten ſmall, bind it to the wreſt halfe an howre before the fit, proved.

For the Gowt.

TAke a fat whelpe of a hound, ſcald him like a pigge, garbage him in the ſide, take then rèt nettles ſtamped with two ounces of brimſtone, aud foure ounces of turpentine, foure yolkes of egges, ſtuffe the belly and ſowe it vp, roſt it with a ſoft fire, ſaue the dripping oyñt the place, it is good for ſinnewes and crampe, it will driue it away: for the like effect, oyle, nettles, white wine, boyle them, apply them hote.

For the Cia'ica.

TAke the gall of a bull, a quart of wort, boil it to a pint, thẽ put in a pint

pint of vineger, frankinſence one ounce in powder, of hony halfe a pound, of commin halfe a pound in powder, boile it thick, ſpread it on leather, lay it to hote two or three dayes, lay a linnen cloth between the skin and the plaſter, the plaſter will ſerue many times, prooved.

For the tooth-ach.

ALlom as big as a walnut, garlick an handfull, twenty beanes, an handfull of bay-ſalt, pepper, beat it together, lay it to the wreſts twẽty foure howres, or more.

For to ſtop the bleeding of a wound.

THe wol of an inck-horne, ſanguis draconis. & bollarmonick and the whites of egs laid on too.

For

For a Conſumption, either for olde folke, young folke, or children.

TAke longwort, liverwort Harts tongue, of each a handfull, red mints, red ſage, mother of time, of each a handfull, parſley and fennel rootes, the piths out of each, halfe a handfull, liquoriſh an ounce, anniſeeds an ounce, ſceeny two ounces, turbet an ounce, tappe dates two ounces, ſynamon an ounce, nutmegs two ounces, white ſugar cãdy foure ounces, rubarb an ounce ſliced, ſtampe your ſpices and your ſeedes, and beat your other pottecary ſtuffe, and ſhred your hearbes fine, boile it in 3 quarts of rennish wine to a pottle, ſtrein it, drinke 4. times a day a quarter of a pint at a draught warm, put in a penniworth of aqua vitæ, & as much ſaffrõ beaten fine after it is boyled, if the patient be laxatiue, leaue out your rubarb, ſceeny, & turbith, & boile

it

wort it is beſt in wort for childrē: for aged folkes that be weak, boile in the ſtone of a Bore, or ram, or a horſe is beſt, one ſtone is enough for one time, you may take one to purge, & another not to purge, the ſecond receipt is enough, purge firſt.

To make one make water.

TAke the ſtones and kernels of peaches and medlers, beat thē fine, ſift them through a ſearce, put in ſugar, drinke it in white wine.

To make a Seare.

TAke a pound of ſtone pitch, as much roſin as a great walnut, & twice ſo much clean wax, a ſpoonfull of freſh ſwines greaſe, boyle all together till it be well mixt, then coole it in water, then oyle your hands with hogs greaſe, & labour it in your hands an howre & more till it will cleaue to your hands.

For

DEFECTIVE ORI

For the ſame, and the beſt for all maner of aches.

TAke Roſin dim.li. of perroſon a quarter of a pound, as much gum maſtick, a quarter of a pound of Deere ſuet, two ounces of Turpentine, one ounce of cloues and mace, of ſaffron two ounces, and the liquor muſt be oyle of Roſes.

For a great ach, a ſoueraigne medicine.

TAke Parmacitie eight pennyworth, of oyle two d. of black ſope halfe a pound, of butter with out ſalt as much as a great walnut, boyle it on a chafindiſh of coales, half an howre, ſtirring it wel from the bottome, ſpread it on leather, as broad, and as long as your grief, lay it to foure or fiue dayes.

To

To make a good oyntment or ſalue for any ſore.

TAke a good handfull of Sage, as much of Plantane, as much of brownwort, as much of hony ſuckles, as much of turſame, as much velerion, boyle all theſe in May-butter till it be browne, then ſtrain it and put in a quantity of Virgine waxe, then boyle it againe.

A good receipt for all maner of ſores old or new, named the gift of God, praiſe be to him.

TAke Betonie, verven, pimpernell, bugle, ſmallage, plantane, Scabeas water, Agrimony, of each a like, ſtampe them together, boyle them together in a gallon of white wine to the third part, then ſtraine them, and put to them a quantity of ſheepes ſuet, and half a pound of waxe, di. li. of Roſin,

di. li.

di. li. pitch, one li. of olibanum, & boyle it againe.

For bagges in the Fundament.

TAke the yolke of an hard egge rosted, the oyle of roses, & marygold leaues, beat it together, lay it to hote.

To Kill a Tetter.

TAke greene broome, boyle it in a quart of running water halfe a way, bath it with it.

For the pestilence.

TAke the water of Bettony, and pimpernel, turmentil, or Scabeas, mixe it together, drinke it nine dayes fasting, and feare no Pestilence.

For

For one that is taken within the body, or any place.

TAke Rose cakes, aqua vitæ, and rose water, heat it on a chafindish of coales, lay it to the stomack they shall mend by Gods grace.

For the Ague, or cold.

TAke green Alder sticks, take the inner rine a handful, beat them, drink it in ale fasting, fast 3. houres walking after it, then eat a cawdle.

Another for the Ague.

TAke a spoonefull of iuyce of orenges, as much aqua vitæ, mingle it with a yolke of a new layde egge in the shell, supp it vp fasting, once or twice.

K. Henry the eight his perfume.

TAke six spoonfulls of compound water, as much of rose water, a quarter

DEFECTIVE C

quarter of an ounce of fine ſugar, two graines of muske, two graines of amber-greece, two of Civet, boyle it ſoftly together, all the howſe will ſmell of Cloues.

For the Strangurion.

TAke hore-hound one handfull, and an halfe, red wine halfe a pint, of oliue oyle fiue ſpoonfulls, boyle it together, put it in a linnen cloth to the ſmall of the backe, as hote as may be.

To clenſe a wound.

TAke beere, wheat, ſtone flower and hony, boyle it thicke, apply it to.

For the Gowt.

TAke wormewood, walwort, wheaten bran, Cow dung, & ſalt, boyl it in vineger, plaiſter it to the griefe.

For a bruiſe.

TAke halfe a pint of ſallet oyle, as much oile of roſes, as much aqua

vitæ, and three or foure scoore snailes that beare shels, stamp them small, and boyle them to oyle.

To keepe one Laxatiue.

TAke a new layd egge, put out the white, then put in new butter vnsalted, heat it, then eat it, vse it often.

Two remedies very good against wormes in little Children.

TAke flowre of wheat wel boulted, as much as will lie vpon 2. crowns of gold, & put it in a glasse, and poure into it well water, so much as will steep the sayd flower, and make it looke as it were milk and no thinner, then giue the child drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The

The ſecond remedy againſt wormes.

FOr children that be ſo little, that the medicine cannot bee miniſtred at the mouth, you muſt take very good aqua vitæ wherewith you muſt waſh or wet the ſtomack or breaſt of the child, then powre it vpon the ſaid place with the pouder of fine mirrhe, & lay the child down a little while with his breaſt vpward, and you ſhall ſee incontinently the worms with the childs dung, come forth dead.

To heale children of the Lunaticke diſeaſe which happeneth vnto thē by reaſon of a worme with two heads that breedeth in their bodies, the which worme comming to the heart, cauſeth ſuch a paſſion in the childe, that oft times it killeth them.

TAke the tender ſtalks of a wilding tree, & dry them in the ſha-

dow, then stamp them well, & sift them, and take of the sayd powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, & a quarter of a ounce of myrhe, all these well beaten to powder you must put in a dish, or in some other vessell, and moist thē with a little water, then take of it with your two fingers, & wet the lips and mouth of the child, do this three or foure times, and you shall see the worme come foorth dead with the excrements.

A remedy for the falling sickness.

TAke germāder gatherd in may when it is in the blossom, dry it in the shadow, & make it in pouder and when you will vse it, take the yolke of an egge or two, & stir & break it with a spoonful of the said pouder, then seeth it, and giue it to the patient to eat, do this morning and

and evening eight daies, abſtaining from wine, carnall company of women, from al pulſe, beans, peaſe, fetches, tares and ſuch other, from Salates, ſalt fiſh, and from all other things which are hard of concoction and digeſtion, a very good and notable ſecret.

A medicine to cure the biting of all venemous beaſts.

AS ſoon as the party feeleth himſelfe bitten with any venemous beaſt, or as ſoone after as may bee, take green leaues of a figge tree, & preſſe the milke of them three or foure times into the wound, and for this alſo ſerueth muſtard ſeed mingled with vinegar.

To draw an arrow head, or other yron out of a wound.

TAke the iuyce of valerian, in the which, wet a tēt, & put into the

wound, laying the said hearb vpon it stamped, then make your binder as best fitteth, and by this meanes you shall draw forth the yron, and after heale the wound.

For a knocke or fall, causing a bunch vppon the head.

TAke an ounce of bay salt, raw hony three ounces, comin three ounces, Turpentine two ounces: mingle all these well vpon the fire, then spread it vpon a linnen cloth, and make thereof a playster, & lay it hote to his head, the which will asswage the swelling, and heale the hurt.

A secret remedy against the pluriſie.

OPen a white loafe new baked in the middle, and spread it wel with good Treacle on both parts vpō the crūmy sids, & heat it at the fire, thē lay one part vpon the place of the disease, & the other part on the

the other ſide of his body directly, and ſo bind them that they ſtir not leaving them ſo a day and a night, or vntill the impoſtume breake, & then take away the bread, & immediately the patient wil ſpit forth the putrefaction of the impoſtume, and when he hath ſlept a little, let him eate, and by Gods helpe hee ſhall ſhortly be well.

A very good remedy for a woũd with a ſword, ſtiffe, ſtone, or ſuch like.

TAke Taxus Barbarus, ſtamp it and take the iuyce of it, and if the woũd bleed, whipe it, & make it cleane, waſhing it with white wine or water, then put the iuyce vpon the wound, & the hearbe vpon it, out of the which you tooke the iuyce, then bind vp the woũd, and in one day you ſhall ſee a wonderfull effect.

Against the disease or griefe of the flacke, and the Colliake passion, experimented, and proved divers times.

TAke halfe a glasse or lesse of the iuyce of Barberies, whē they be very ripe and red, and put into it as much red Corral, as will lie vpon 2. groats well broken into powder & giue the patient to drink therof.

Another perfect remedy for the same disease and to make a man pisse within halfe an howre, that hath not made water in three or foure doyes, and will breake the stone within ten or twelue dayes.

TAke fine pouder of Virga aurea and put a spoonefull of it into a new layd eg, soft rosted, & giue thē patient thereof in the morning to his breakfast, & let him not eate in foure houres after, & then shall he make

make water in leſſe then halfe an howre, and let him vſe this for the ſpace of ten or twelue daies as aforeſayd, the patient ſhall void the ſtone without any paine or griefe.

A remedy for ſpitting of blood, occaſioned by the breach of ſome vaine in the breaſt.

TAke miſe dung beaten in powder, as much as will lie vpon a groat, and put it into halfe a glaſſefull of iuyce of plantane with a little ſugar, and ſo giue the patient to drinke thereof in the morning and evening: continuing the ſame, he ſhall be ſound.

Againſt the griefe of the lungs, and ſpitting of blood, a remedy experimented and tryed.

TAke an hearb called farfara, or Tuſſilago of the Apothecaries Vngula cabellina, in Engliſh called Colts

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Colts foot in French, *pat de lion,* incorporate it wel with the lard of a hog chopped, & a new layd egg, boyle altogether in a panne, & giue the patient of it to eate nine mornings : this is also good to make one fatte.

Against a stinking breath.

TAke Rosemary leaues with the blossomes, if you can get them, & seeth them in white wine with a little mirrhe and Cynamond, and you shall find a marvailous effect, if you vse it often in your mouth.

Against the biting of a mad dog, and the rage or madnes that followeth the party bitten.

TAke the blossoms or flowers of wild thistles dried in the shade & beaten into pouder, halfe a nutshell full, put into white wine and drinke

drinke it, & in thrice taking it you ſhall be whole. A thing tried and experimented.

A medicine for watry eyes.

TAke a red cole leafe, and anoint the leafe with the white of an egge, when you goe to bed lay the ſame to your eyes.

A medicine for ſore eyes.

TAke a little ground Ivy & ſtrain it and womans milke together, and let it be ſomewhat greene of the Ivy, and then droppe a drop or two into the eyes.

Another for the ſame.

TAke Fennel water ſtilled, and liue hony, and mingle them together, & put a drop or two into the eye: theſe are approved.

To

To make water for the eyes to kill the heat of any sore.

TAke red Sage and boyle it in Smithes water, vntill the third part be consumed, then straine out the Sage very hard, & put into it a quantity of the liquor, a penny-worth of Allom, and as much of white coperas, after you haue take it from the fire, and annoynt your eyes therewith.

Another for the same.

TAke the leaues of red brambles, and of plantane, and hony suckles and boyle all them in running water, from a quart to a pint, and vse it to the sore.

A medicine for the pinne, and webb in the eye.

TAke the white of an ege, being hot, take out the yolke cleane and

and put thereto a good quantity of ſugar candy, then ſtraine it hard through a cloth, & therwith make a water, & every day two or three times drop it into the eyes.

A medicine to cleare the ſight.

TAke red roſe-water, clean mirh as much as a nut, and breake it into pouder and bind it in a linnen cloth, and let it lie in the water, 12 howres, then take of the water & put in your eyes, and it will cleere your ſight.

For a pearle in the eye.

TAke red Fennell, & the leaues and rootes of white daſies, vſe them without any liquor, and put together three ſpoonfulls of eyther of them, then take one good ſpoonfull of clarified hony, and two or three ſpooneſuls of womans milke, and droppe this into

into your eye three or foure times a day, and if there bee any sight in the eye, this will cure it.

For eyes that are blasted.

TAke a toſt made of broun bread and lay it in redde wine that is not mingled, & let it lie vntil it be ſoked halfe an houre, then put it into a fine cloth, in two peeces, for each eye one, and the fine cloath muſt be betweene the eye and the toſt, dreſſe it when you goe to bed at night.

To purge the head and eye-ſight.

TAke the iuyce of Hei-hoo, and put it into your noſtrils, & the fleame ſhall follow, and the running water.

For the eyes that be red and ſore.

TAke Fennel, Vervin, Roſes, Salendine, and Rue, of each two ounces,

ounces, and diſtill it al together, & when need is then put a droppe or two into the ſore eye, for it is good for all maner of diſeaſes in the eie.

Againſt the paine of the eyes.

TAke the yolke of an ege, roſted hard, & layd to with roſe oyle & ſaffron, the iuyce of Baſil put in.

For to ſee well.

TAke Eye-bright, red Fennel, of each half a handful, of Rue one quarter of a handfull, cauſe theſe to be diſtilled, and waſh your eyes dayly with the water.

For the aking in the legge.

TAke a peece of ſoure leaven, & as much barme, and as much blacke ſope, and temper them al together, & ſo ſpread it vpon a linnen cloth

cloth, and put it to your leg, where the heate is, and change it twice a day, and by Gods help it wil heale you in three or foure dressings.

A diet drinke for the consumption.

TAke a gallon of running water, measured by ale measure, & put thereto an ounce of Cyoamon, an ounce of cloues, and an ounce of mace a dramme and a halfe of Acter roots and boyl it vntil it come to three quarts let this be your only drinke till you doe mend.

A medicine for the head-ach.

TAke a handfull of Rosemary & two handfulls of Bittony, & a spoonefull of hony, and seeth them all in Malmesey, and wash your head therewith.

Ano-

Another for the head-ach.

TAke fiue nutmegges, and grate them, and ſeeth them in malmſey till they be thicke, and make a plaſter thereof, and lay it to your Temples.

For wind and ſhootings in your head.

TAke Egremony and Cynamon and bray them, and put them in ale, and lay it to the temples of the head, and if the paine remoue, lay it where the paine removeth.

Another for the head-ach.

TAke a handfull of Camomill, a handful of pennerial, a handful of ſage, a handfull of wheat bran, chop them al together ſmal, & boil them in a pint of ſharpe vineger till they be thicke, and thereof make a playſter and lay it to the temples of

the head as hote as you may ſuffer it, and it ſhall (by Gods helpe) doe you good.

Another for the ſame.

TAke a peece of raw beefe, & lay on the nape of your necke, and ſhift it every night when you goe to bed, and vſe this as often as you ſee good: proved.

Another for the ſame.

TAke an ounce of oyle of Roſes, two ounces of white vineger, 4 ounces of plantane water, mix theſe together, and wet a linnen cloth in it, and lay it to the Temples.

A medicine for Megram in the head

TAke Houſleeke, and garden worms, the greater part being houſleeke, ſtamp them together, & put thereto fine flower, and make a plaiſter in fine cloth, and lay it to the forehead and temples.

Auether for the ſame.

TAke muſtard ſeed, and temper it with Vineger, and make an oyntment thereof, and lay it to the Temples in a plaſter, and an other in the nape of the necke behind, where it is not ſore, and it will avoyd, and ſhortly be whole.

A meditine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leaven and Commin ſeed beaten in a morter, a quantity of bay ſalt, and red roſe Vineger, and red roſe water, put them into a bag of cloath, and lay it to the mould of the head.

To drie vp Rhume in the head.

TAke a quatity of dried roſe leues the flower of Camomil, Baſſell,

Margerom all dryed, a quantity of Cloues and mace groſe bruiſed, a Nutmeg, and a quantity of dill ſeed all quilt in a cap.

A poultis to coole any place, eyther face, or any where elſe, that is red and full of hote pimples.

TAke houſleeke mallowes, purſaline, water roſes, called numium, beate all theſe, and take the iuyce of them, and put a little oyle of Roſes to them, and waſh the place with it; or ſtamp the hearbs till they be thicke like pappe, then ſeeth it with a little roſe oyle and waxe, and then you may lay it on as a plaſter.

Againſt red pimples of the face.

TAke an ounce of Camphire, as as much of brimſton beatē, mirh frankincenſe, of each foure drams, of roſe water a poūd, put al theſe in a glaſſe,

glaſſe,& ſet it in the ſun ten dayes, and then lay it on the places.

Another.

TAke the diſtilled water of aſhe tree, tamaredes oft eaten, wine of ſtrawberies layd vpon the face.

Another.

TAke the diſtilled water of mulline,& a little champhire mixed together, and layd to the face.

A medicine for them that are deafe, ſo that they haue heard before.

TAke iuyce of bittanie, womens milke, that hath a man childe, mingle them together, and dippe a peece of blacke wooll into it, and put a peece of it into your eare, for the ſpace of ten or Eleaven daies or more: if it happen that this will not take away the deafe-

nes, then take the milke of a Cow, and seeth it with oate-meale, and iuyce of bittony, and lay it playster wise over the eares, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, and two drams of Sulphur viuum & an ounce of Deeres suet, melt the suet and the Camphire together, then put in the Brimstone, fine ground in a morter, when the other is almost cold, and set them no more over the fire after the brimstone is put in: These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much mercury sublimate as a bean, and twise as much allom, & put them in a quart of faire water, & boyl them together with two

two or three cornes of bay ſalt, & bath your face therewith often in a day with the ſame cold, & open the pimples with your fingers, before you waſh.

For a ſore mouth.

TAke a quart of white wine, & a qvart of water, & a pint of wine vinegar, & a good quantity of red ſage, two penniworth of Mercury and halfe an ounce of roch Allom, and a quantity of Roſemary, and a greater quantity of woodbine leaus, and three ſpoonfuls of hony, ſeeth them together, and waſh your mouth therewith.

A water for a canker & ſore mouth.

TAke Roſemary croppes, Sage, Singfield, woodbine leaues, Allom, liue hony, or pure hony boiled in ſpring water, halfe a handfull of each of the foreſayd hearbes boyled in three pints of water, till they be boyled a third part away, and keepe it in a glaſſe ſtopped,

and wash your mouth with it.

For a Canker or sorenes in the mouth.

TAke two ounces of fine coperis beaten into powder, half a pint of fair water, & let the same coperis be distilled or steeped two daies & two nights, then strain the same softly through a linnen cloth, then take a spoonefull thereof. & wash your mouth & throat with it softly, blood-warme, but drinke none of it: this medicine will not continue good aboue fourteene dayes, therefore you must make it fresh as occasion serues, you must take it morning and evening.

A medicine for the mother in a womans side that riseth.

TAke Aqua composita and beate bay berries in powder, and put it into the aqua-composita, & put a spoonfull

ſpoonfull or two in a draught of beere or ale, and ſo drinke it.

A medicine for the pricking of a needle, or thorne in the ioynt.

TAke faire boulted flower of wheat, & temper it with wine white or red, & a little oyle oliue, and a few roſe leaues, & ſeeth them together till it be plaiſtet thicke, & lay it to ſo hote as you can ſuffer; it will draw forth the needle, and eaſe the ach.

A medicine for a canker that eateth mans fleſh.

TAke wheat branne of the ſmalleſt powder, the iuyce of Smallage, the iuyce of wood-bine, and burnt allom, beat into powder, & a little hony, mingle all theſe together, and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For

For a bruise.

TAke Virgin waxe and Commin seede well beaten, mixe them together, and lay it to the bruise plaster-wise.

For a white Scalde.

TAke sallet oyle beaten with the whites of egges til they be thorowly wrought together, cut away the haire, and so annoynt the head and lay a bladder vpon it.

A medicine against all stitches.

TAke linseed, and boyl it in new milke, and make a plaster therof and lay it to the place grieved.

A medicine for a sore breast.

TAke groundsill & chop it small, the groundes of small beere, whea-

wheaten bran, & sheepes suet beaten in a morter, and boyl them all together, and lay it playster wise to your breast.

A medicine for swelled breasts.

TAke white wine, wheat branne new bolted, rose leaues, old & new, seeth them vntill they bee thicke, then lay it to the breast as hote as she may suffer it, from even till morning, & shift it againe.

To breake the fleame of the breast.

TAke butter without salt, & hony of each a quantity, faire bitter Almonds, blanch them, & beat them fine, and eate a little every day.

A very good medicine for any ach or sore breast, often approued.

TAke frankinsence, fine wrought wax, Boares grease, and Rosin, of

of every one of them a like quanti tie, and ſeeth them together to a cake, ſpread it on a cloth as broad as the ſore or paine is, and lay it to foure & twenty houres, or twelue at the leaſt.

An approved medicine for a ſore breaſt.

TAke a hãdful of mallows, ſeeth them very ſoft in faire water, & then let the water run away from the mallowes, then chop or ſhred them, then put them in a diſh with bores greaſe, and heat them very hot, and lay it in a plaſter of linnen cloth to your breaſt as hote as you can ſuffer, three or foure times a day heating it this hath been approved very good.

A remedy for the paine in the breaſt

TAke hyſope, parſly, and ſage, ſtamp them together, & lay thẽ to the breaſt, & they wil be whole.

Ano-

Another for the ſtopping of the breſt.

TAke Rew, and ſeeth it with allegant, and drinke it three or foure times.

A Medicine for the bloody flixe.

TAke as much fine linnen cloath as will make a ſuppoſitary being wrapped together button wiſe, the wet the ſame in the beſt aqua vitæ, or aqua compoſita, and let the party grieued convey the ſame into his fundament, & it will help them by the grace of God, within three or foure dreſſings: this is approved, & hath holpen many that haue beene brought low, & thought paſt cure.

Doctor Smithes medicine for the collicke and ſtone.

TAke poſſet ale made of renniſh wine, boyl Camomil, running time, parcely, pellitory of the wal, with

with a good spoonefull of commin seedes, till the third part and more be consumed, then strain thē with sugar sufficient: Drinke a good draught warme, and vse it as occasion serveth.

A medicine for the chin-cough for a Child.

TAke Boares grease, and warme the soules of the feet to the fire, and chaffe them with that, and go to bed, and keepe it warm, and lap clothes to it.

To stay a Lasse.

TAke halfe a quarter of a pound of Almonds, and pach them vpon two new tiles, beat them in a morter, & take a quart of fair water and set it on the fire, and put halfe a handfull of Knotte-grasse, and halfe a handfull of plantaine Leaues, and let them seeth a good while, then take the water,

and

and ſtraine the foreſaid Almondes therewith, and make an Almond milke thereof, and put in a peece of ſugar, then take date ſtones, and beate them to powder, as ſmall as may be, and put ſome of that powder into the Almond milk, ſo drink it luke-warme.

An excellent medicine for a child that cannot part with his water, or vrine.

TAke three or four hiue bees, kill them, then drie thē vpon a hote ſlate, being through dry, bruiſe them to ſmal powder, then put the powder into a quart of ſmal ale, & giue the ſicke to drinke, and he ſhal haue preſent remedy.

A medicine for the paine of ſwelling in the ſtomacke.

TAke a good quātity of roſemary flowers, boil thē in white wine and

and as hote as may be ſuffered, apply it to the ſtomacke.

An approved medicine for the Spleene.

TAke a quart of claret wine, a pint of oyle of oliffe, two good handfuls of camomill, being ſhred ſmall, and boyl the wine and Camomill together from a quart to a pint, and annoint the hardnes of the Spleene, morning and evening therewith, and it will diſſolue.

A medicine for a fellone or andisome.

TAke ruſty bacon, & Colewort leaues ſtamp them together, the take a peece of dogs leather, being pricked full of holes, and ſpread it vpon the leather, laying it to the ſore twice a day, and when it beginneth to heale, but once a day.

A

A medicine for the yeh of the body.

TAke ſweet butter, vnwrought waxe, vineger, brimſtone, a litle roſe water, red cloues whole, boyle them together, till they bee like a ſalue, then annoynt the fleſh three ſundry nights by the fire therewith, and no more.

A medicine for the Canker in the body.

TAke Bollarmoniacke, roch allom, and hony, then beat them to powder, take twiſe as much of the allom, as of the Bollarmoniack and ſtirre them together, till they come to o ſalue, and ſo annoyt the ſore.

A medicine for the heat or ache in the body, or legs, or elſewhere.

TAke red docke roores, and take out the over pith, & ſeeth them

in running water, then draw the water frō thē, & beat it with thick creame, and so annoynt the place that is grieued, or with a cloth dipped in the same, and layd over the place.

A medicine good to clense the body.

TAke bawme, & lay it in white wine, till it be well steeped, & then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning, proved.

A medicine for a Fistula.

TAke vervon, & dry it vpon a tile & make pouder therof, & make cleane the sore with a linnen cloth and fill the hole full of the pouder.

A remedy for one that vomiteth two much.

TAke Coliander seeds fine beatē in powder, and drink it with mint water.

To make a ſeare-cloth for all manner of aches.

TAke a pound of vnwrought wax, halfe a pound of roſin, 100 ounces of Frankinſence, a pound & a halfe of ſheeps ſuet, & boil them altogether, & ſtrain them in a faire baſon, and then put them in a chafindiſh of coales, and dip a linnen cloth therein, and ſo lay it to the ſore.

A medicine for a Ring-worme, or Tetter.

TAke red docke rootes, and ſlit them, & lay them in vineger, & ſo waſh the Ring-worme or tetter.

A medicine for the ſtich.

Take wheat-flower, & bake a cake & cut it in the midſt, then ſtrike the dowe ſides all over with tarre,

and lay it to the patient, as hote as may be, you must lay the one halfe of the cake to the one side of the patient, the other halfe to the other side.

A poultis for all manner of swelling.

TAke a lapfull of wild mallows, and seeth them in running water, till they be tender, and then swing them, and chop them small, then take a penyworth of sweete butter, and the crummes of white bread, and put the mallowes and all into a quart of milke, and seeth it till it be thicke, and stir it well, then lay it to the griefe, as warme as can be suffered.

A medicine for the Cough.

TAke mustard seeds & put it into figs, & seeth it in ale, & drink it.

A medicine for the Mother.

TAke Rosin and beat it very fine & put it into sallet oyle, & white wine

wine and drinke it, and it will do you good.

A medicine for the bloudy flixe.

TAke the pilles of Pomegranut, beat them, and drinke them with red wine, morning and evening blood warme, and heate a bricke red hote, and lay it vnder a close stoole, and cast Rosemary and Malmesey on it, and let the patient sit over it.

A very goood medicine for the Piles

TAke the hard rowe of red herring, and rost it hard, then take the seedes of nettles, & beat them together small, then beat them with barrowes grease, and boyle them together, and annoynt the piles therewith, then take a chafindish of coales & set it vnder a close stoole, and cast a little Frankinsence thereon, and let the patient sit over it, when they bee

annoynted with the foreſtid oyntment.

A medecine for a burne.

TAke oyle of roſes, and womans milke, and put it into the open place, and it will heale it.

Another for the ſame.

TAke a linnen cloth clean waſht, and burne it, & make a powder thereof, and take the oyle of egges, and annoynt the ſore, then ſtrawe the powder thereou.

A medicine for the dropſie.

TAke Annyſeeds, coriáder ſeeds ſpiknard of Spaine, vſe this in your meat & drink eight dayes together, and it will do you good.

A medicine to drie a ſore.

TAke a pot of ſmiths water a quartern of roch allom halfe a pint of

of oyle of oliues, and put thereto a handful of ſage, and boile them together til they be halfe conſumed, then vſe it to the ſore, and it will drie it.

A medicine for an ach that commeth againſt raine.

TAke the horns of a ſtag, cut them in ſmal peeces, and boyle them in water till it bee conſumed from a gallon to a quart, then poure the water from the bones, and it will gelly when it is cold, and therewith annoynt the grieved place againſt the fire, evening and morning.

A medicine for a burne or ſcald.

TAke mallowes and ſmallage, & ſeeth them in water, and when they be tender, take them forth, & wring out the water cleane, chop them ſmall, and ſette them on a Chafingdiſh of coales, and put

to it a little sheepes suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tye it on.

A salue for any old sore.

TAke the inner rinde of an oake that is not very olde, and burne it to a coale, then quench it, and make thereof a powder, & temper it with the yolke of an egge, and make thereof a salue.

To make a drink for a burning ague.

TAke a quart of running water, and half a pint of vineger, half a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cynamon, and boile them all together, let it coole, and giue the sicke to drinke.

A

A medicine for the heat of the liver.

TAke wort of the firſt Tap, and drinke it every morning next your heart for a moneth together, and it will helpe you.

A medicine to make a young Child goe to ſtoole.

TAke May butter, and chafe the Navill therewith againſt the fire, then take ſome blacke wooll that groweth betweene a blacke ſheepes legges, and dippe it in the May butter, and drie it, then lay it to the Navill: it is good for an old man alſo that cannot take no inward medicine.

An approved medicine for the Navill, when it commeth out with crying.

TAke wax which is vſed no other way, but to take the honny from it, & when you haue an occaſion, melt

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melt some of the waxe in a saucer, and dip blacke wooll in it, and lay it to the Navill, and it will help it.

A medicine for the swelling of a childs Cods.

TAke redde rose leaues, and bray them & boyle them in red wine an houre, then wet a cloth in it, & lay it to the Childs Navill, as hote as you can suffer it.

A medicine to stanch the flixe.

TAke a saucer full of the iuyce of Milfoile, and as much of the iuyce of plantane, & wheat flower and temper it with the iuyce of the hearbes, and so make a cake of it, and bake it, and eate it hote.

For to stanch blood at the nose, or at a veyne that is cut, proved.

TAke feathers burned to powder, and lay it vpon the vaine that is cut,

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cut, and alſo take a wet cloth, and lay it round about the members & wet the cloth three times, and lay it to cold every time, and it ſhall ſtench whereſoeuer it be: proued.

For to helpe a drunken man, or woman for euer.

GIue him a purgation, and after that, giue him a ſwallow to drinke in pouder, for the ſpace of twelue dayes, and for a mone hes ſpace giue him every day to eate 4 Almonds with 4. leaues of woodbine, you muſt eate them in the morning next your heart. proued.

For Scabbes.

TAke Snayles and pricke them, and take the water that commeth out of them, and annoynt the ſcabbes therewith, and take vine leaues, and bind them to the ſcabs, and do it every morning & eueninge,

evening, and you shall be whole: proved.

To drie Scabs.

TAke gumme-arabecke, & put it in rose water till it be cõsumed, and wash them therewith: proved.

For the Palsie, or shaking in the hands.

TAke Sell and Eyesill, and seeth them together, and wash thy hands therewith, & eate sage with mustard fasting.

To restore a man to Nature that is in a Consumption.

TAke the oldest Cocke you can get, scald him and draw him, & cut him al in peces in a glassen pot, and stoppe him as fast as you can, and put amongst these peeces, cloues, Mace, small raysons, and salt, and then put this glasse into a great potte, and set all these seeth together, till they be

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be a gelly, & then ſtraine it into a cleane Veſſell, and giue it to the ſicke firſt and laſt, blood warme.

To reſtore the braine.

TAke powder of Bittany and vſe it in your pottage; it will reſtore the braine, and deſtroy the ſtone.

For a perillous Cough.

TAke Sage, Rue, and Commin, and ſtampe them with pepper, ſeeth them together with hony, & thereof make an Electuary, and vſe thereof a ſpoonefull Euening and Morning, and by the helpe of God it ſhall doe you good.

For them that cannot ſee, and haue red eyes.

TAke white vineger, & rub vpon a whetſtone in a fair baſon, and take as much ſalt as powder, and grind thē wel together in a baſon and

and temper them with wine, and let it ſtand a day and a night, & put it in a violl of glaſſe, you muſt take the thinneſt that ſtandeth aboue in the baſon, and put in your glaſſe, & when the patiẽt goeth to bed, take a feather, and wet therein, and annoint your eyes.

To annoynt the face, and to make it white.

TAke freſh bacon greaſe and the whites of eggs and ſtamp them together, and a little powder of bayes, and annoint your face therwith, and it will make it white.

For a faire face, prooved another way.

TAke plantane & white vineger, and ſtill them together & waſh your face therewith fifteene daies morning and evening, & after this drinke a draught of vineger in the morning once in three dayes.

To

To make the face white and faire.

TAke Rosemary and boyle it in white wine, and wash thy face therewith, and you shall bee faire, then take Erigan, and stampe it, & take the iuyce thereof, and put it all together, and wash thy face therewith: proved.

To helpe the face with red pimples.

TAke Bay-berries, and pluck off the huskes, & make fine pouder thereof, & temper it with hony, & annoint thy face therewith sixe times, and it will helpe you.

To draw broken bones forth of the head.

TAke Bittony, Vervin, and Rue, & stampe them all together very small and put therto Rye meale, or wheat, & the white of an egge & make a plaster, & lay it to the head.

To

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To quench ones thirst.

TAke the root of Lovege, wash it cleane, and stampe it, & temper it with water, and drinke a good draught of it fiue nights together, & drinke not in two howres after it.

For one that speaketh in his sleepe.

TAke Southernwood, & temper it with wine, and let the diseased drinke thereof in the morning, and when he goeth to bed.

For a [illegible] that hath two much

TAke the foot of a hare, & burn it to powder, and drinke therof with red wine, and Cynamon, first and last nine daies, and it will help her.

FINIS.

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